UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM..... RELEASE Monday, October 4

HOUSEKEEPERS' CHAT

SAMPLE (not for release)

Announcement: This morning we are going to introduce Aunt Sammy, the best authority we know on housekeeping. Every day, excepting Saturday and Sunday, she will chat with you at this time. Ask your neighbors over to meet her. Send your problems to her. Make her your friend and adviser. It is now our pleasure to introduce Aunt Sammy, our official radio representative of the U. S. Bureau of Home Economics, at Washington, D. C.

"I'm a nervous wreck!" wept the sad young bride,
"Each day I'm getting thinner,
And all because I can't decide
What to cook for William's dinner!"

I'm going to tell you, in a few minutes, something good to cook for William today. Before I give you the menu, though, I want to tell you about the linoleum I bought this morning for my kitchen floor. Buying a linoleum was almost as much fun as buying a hat, only the clerk didn't call me "Dearie," neither did he try to sell me a floor covering that would bring out the color of my eyes.

He showed me three types of linoleum -- plain, printed, and inlaid. I didn't want the plain. It shows footprints and other marks so easily. The printed has to be varnished so often to preserve the design. I bought the inlaid, in a blue and gray pattern. Inlaid linoleum has a design which goes clear through to the backing -- the pattern can't wear off.

Since laying linoleum is such an important task, I am going to have the man who sold it to me come out and put it on the floor, and fasten it down. Then I'll give it a coating of liquid wax. That will make it easy to sweep with a soft brush, and dust with an oiled or a dry mop. Of course, I'll clean it occasionally with a cloth wrung out of lukewarm, mild soapsuds, and rinse it with a little clear water. Most of us know, from experience, that strong soap, alkali washing powders, and hot water will ruin any linoleum.

Doesn't "October's bright blue weather" make you think of crisp autumn days, school picnics, and roasting "wienies" over friendly wood fires? I have already attended one October picnic. The thing that impressed me most was the way the "wienies" were broiled -- in a long-handled

wire corn-popper, with a lid fastened tightly so the "wienies" couldn't fall out when they were shaken and turned about. I wish you could have seen them -- an even, delicious brown -- and none of them fell into the fire.

Now, before we start on the menu, which I believe is extra good, wouldn't you like to hear what questions women are asking me this week? A housewife in Nebraska wants to know if the vinegar left over from a jar of pickles can be used in cooking. It certainly can. Use the vinegar from a can of sweet mixed pickles next time you make mayonnaise, and just see what a delicious product you get. Sometimes you can buy pickle vinegar from your grocer, if you don't have it at home.

Speaking of pickles, now is the time to be putting vegetables in brine, if you want to make your own pickles this winter. The United States Department of Agriculture printed a bulletin last year on "Making Fermented Pickles," which contains excellent directions for preserving vegetables in brine. It tells how to make cucumber pickles--salt, sour, sweet, dill, and mixed; sauerkraut; and some fruit pickles. The bulletin costs five cents. I will be glad to send it to you if you want it. Late cucumbers, cauliflower, onions, green peppers, tomatoes, and beans may be put in brine now, as they come along. Later I will give you recipes for working up these brined vegetables.

Have you ever noticed, when making sweet pickles, that some of them would shrivel, and become tough? Shriveling occurs when pickles are placed in very strong sugar or salt solutions, or in strong vinegar. For this reason, I avoid such solutions whenever possible. If I must use a strong solution, I use a weaker one first. For instance, when I am making sweet pickles, I cover them first with a plain 45 to 50 grain vinegar, which means there is four and a half to five per cent acetic acid in the vinegar. After one week I throw this vinegar away. Then I cover the pickles with a liquor made by adding four pounds of sugar to a gallon of vinegar. If I want more sugar in the vinegar, I add it gradually.

The next question isn't so easy to answer. A Californian wants to know just what is a vitamin, and why is a vitamin considered important.

I've never seen a vitameen
    I never hope to see one,
But I am sure they do exist --
    The A and B and C one!

There is a fourth one, too, and perhaps a fifth and sixth one, but they aren't very well known yet. Nobody knows exactly what vitamins are, but we do know they are highly important, that they occur in foods, and that we must have them in our daily diet.

You needn't worry about the elusive vitamin, however, Just remember to have these five foods, if possible, in your diet every day:

First, one pint of milk a day for each member of the family. More for the children, if they will take it without cutting down on other necessary foods.

Second, cereal products containing all of the grain. These products may include breakfast foods, breads, and puddings.

Third, one raw vegetable or raw fruit each day. Tomatoes cooked or raw are included in this group.

Fourth, fruit twice a day, and

Fifth, two vegetables a day besides potatoes. One of these should be a green vegetable.

Two more questions, and we'll be ready for the menu.

A housewife in Kansas wants to know whether garlic is a "respectable" seasoning. Absolutely so. Garlic belongs to the aristocratic onion group. It is often used raw, to rub the inside of a salad mixing bowl, and give just a bare smidgen of a flavor to the salad. It is used cooked in oriental stews and sauces. However, if you are not accustomed to garlic, better go slow at first. It's like raw oysters -- the taste must be cultivated.

The last question for today is one which puzzles a good many of us, when serving silver is not provided: "What foods should be taken from dishes with the fingers?"

All breads should be taken from the bread plate with the fingers. Cake, confections, cookies, hard cheese, celery, radishes, pickles, olives, and nuts should be taken with the fingers if there is no serving silver. These foods should also be eaten from the fingers.

And now, the menu. Before I begin, I want to warn you to have your pencils handy every morning, and to listen carefully. Have you heard the story about the young bride who asked her husband to copy off a radio recipe? He did his best, but got two stations at once. One was broadcasting

the morning exercises and the other the recipe. Here's what he wrote down:

"Hands on hips, place one cup of flour on the shoulders, raise knees and depress toes and mix thoroughly in one-half cup of milk. Repeat six times. Inhale quickly one-half teaspoonful of baking powder, lower the legs, and mash two hard-boiled eggs in a sieve. Exhale, breathe naturally, and sift into a bowl.

"Attention! Lie flat on the floor and roll the white of an egg backward and forward until it comes to a boil. In ten minutes remove from the fire and rub smartly with a rough towel. Breathe naturally, dress in warm flannels and serve with fish soup."

I do hope none of my recipes get mixed up with the morning exercises or the bedtime stories.

Every day I'm going to try to give you seasonable, well-balanced menu suggestions for the heaviest meal of the day, whether it is served in the evening or at noon. The main course will usually consist of meat or some other food rich in protein, a starchy vegetable such as potatoes or rice, a green vegetable or a salad rich in minerals and vitamins, and a dessert.

Soup and fish courses may be added. They are not necessary, however, especially for those of us who do our own cooking. A few dishes, well prepared, are much better than many dishes, duplicating certain kinds of food. For example, I have seen such unappetizing combinations as mashed potatoes and rice, and stewed tomatoes and fresh tomatoes, served at the same meal.

Our menu for today includes meat loaf with brown gravy made from the meat drippings; escalloped potatoes, carrots or beets, fresh sliced tomatoes, and lemon jelly dessert. I'll repeat it again in a minute. A tart jelly, or some of the pickles you may have been canning, are pleasing with the meat loaf. The grownups may have any beverage they prefer. I am taking it for granted that your children are modern youngsters who cheerfully drink at least a pint of milk a day, and disdain tea and coffee.

Meat loaf is one of the economical and one of the most appetizing of meat dishes. Left-over portions may be served cold, or used in sandwiches. Any lean meat may be used if gristle and skin are trimmed off. From 1/4 to 1/5 as much pork as beef is a good proportion. Too much pork makes an over-rich, greasy loaf. Many women prefer to have the butcher cut off a fresh piece of meat and grind it for them. Others would rather do the grinding at home. If the pork is not added to the beef, a small

amount of fresh suet should be put through the chopper with the meat.

You will find recipes in any good cookbook for all the dishes I have mentioned, except possibly the lemon jelly. Every package of gelatine has on it the correct proportions to use, so it is not necessary for me to give you a recipe for this dessert. Lemon jelly provides an appetizing way to add lemon juice to the diet, and lemon juice contains the valuable Vitamin C.

Serve the sliced tomatoes plain, and let the members of your family season them as they please, with salt, sugar, or mayonnaise.

Now shall I repeat the menu? Meat loaf with brown gravy, escalloped potatoes, carrots or beets, sliced tomatoes, and lemon jelly.

That's all for today. Tomorrow I'll give you some hints on house-cleaning, and tell you what I think is the best feature of my kitchen. I'll be glad to answer your questions, if you'll send them direct to me, through this station.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM HOUSEKEEPERS' CHAT RELEASE Oct. 5

A bashful young man from the West,
Refused to be wed in a vest,
And begged that the hitchin'
Be done in the kitchen,
With nary a sign of a guest!

I don't know whether the bride let him have his way or not, but she probably did, since it was for the last time. And then maybe her folks had a good looking kitchen, with a rest corner in it.

The rest corner is the best thing about my kitchen, I think. Fred--he's my 16-year-old brother--laughed at me for wanting a place to rest, in the kitchen, of all places! Said he guessed he'd put a rocking chair in the garage, and a sofa in the woodshed.

Won't you come into my kitchen, and see my rest corner? Right near this big south window, with the yellow and white checked gingham curtains. Yes, the table is rather small, but it's large enough to write on. Open the drawer, and see what I have in it--pens, pencils, writing paper, stamps, and enough small change for an emergency. See the two small shelves above the table? You may recognize your own cookbook there, covered with white oil-cloth, and your favorite magazine. Here are my budget book, grocery lists, bills, and a recipe cabinet, in which I keep new recipes, written on cards. Here on the table is a list of what I had for dinner yesterday. I'll tell you about it in a few minutes. Fred said it was a "knock-out" meal.

This chair is very comfortable. Won't you sit down? I often sit here and write a short letter while a cake is baking. How do you like my bouquet--red-orange bittersweet in a blue vase. I'm going to have an extension of the telephone put here next week, so I won't have to leave the room to order groceries.

Speaking of groceries reminds me that I must add rice to my list today. This damp weather makes the salt stick in the shakers. I've found that mixing a little rice with the salt makes it pour better.

Before we leave the kitchen, I want to show you my "Party Plans" notebook. It's divided into four sections--Refreshments, Decorations, Entertainment, and Children's Parties. Whenever I come home from a thimble party or a bridge

luncheon, I make note of the refreshments, if they were especially good, the color scheme and decorations, and any new form of entertainment. Here are some unusually good refreshments for a children's party. I'll tell you about them some time.

I promised to give you some hints on housecleaning today. If you live in a house by the side of a road, where men whiz by in motor cars, you know what dust is. Maybe the roads in your neighborhood are oiled, or sprinkled occasionally. When dust cannot be laid outside the house, the next best thing is to stop it at the doors and windows. Dusting window sills, porches, steps, and walks every day helps a great deal.

Screens covered with cheese cloth, or other material which lets the air IN but keeps the dust OUT, are especially useful in pantries and storerooms, and for doors and windows near the ground. Much dust can be kept out if we are careful about mud. I try to get the men-folks of my family to use shoe scrapers and mats in bad weather, and to leave their muddy boots and rubbers outside.

For ordinary window washing I use clear water, with a little kerosene or washing soda in it. I wring the washcloth as dry as possible, wash the glass with even, over-lapping strokes, and rub it dry with paper or cloth. I never use a heavy soapsuds, because it leaves a film on the glass. Once I tried to save myself work by washing the windows and letting them dry WITHOUT rubbing. You probably know what an ugly, steaky window resulted. If the panes of glass in your windows are large enough, you can use a rubber wiper, like those used on glass store-fronts.

There are a good many other helpful hints about housecleaning, but I must hurry on to the questions. They are on all sorts of subjects today.

The first question is from a lady who says she is a "stylish stout," and rather short withal. She wants to know how to finish the neck-line of a winter dress so she won't emphasize her figure. A flat, narrow collar, or no collar at all, with a V- or a U-shaped neck-line, is most becoming. Beware of square neck-lines. Long, vertical lines are best. Tucks, pleats, or embroidery down the front of a dress are effective trimmings. Panels are always good for the short-and-stouts.

Here's another question about the popular vitamin. "I know they're important," writes a lady from Kansas, "but can't you tell me, <u>specifically</u> what vegetables they're found in?"

I'll do my best. First, there's the tomato, rich in all three vitamins--A, B, and C. It keeps the C vitamin even when it is cooked or canned. That's why tomatoes are such a good all-the-year-'round vegetable.

Carrots, which are supposed to make us beautiful, are a source of vitamins too. In the winter, when carrots are older, and have been stored a long time, they may lose some of Vitamin C. They are still valuable, however, for their ash constituents, as well as for the A and B vitamins.

Then, there's spinach, which also contains iron and calcium; cabbage, which can be used all winter; lettuce; string beans; peas; and turnips. There was a time when it was considered bad form to eat the lettuce served with salad, but now authorities on etiquette say it is quite correct to eat it. That's what the lettuce is for, and we need the vitamins it contains.

"What foods afford good exercise for the teeth?" inquires a listener from Maine.

Foods that require hard chewing help make good teeth. Toast, raw apples, hard crackers, hard bread, raw cabbage chopped as fine as possible with a meat chopper, lettuce, celery, and any crisp cooked vegetables help to develop the teeth.

I read somewhere the other day that when we chew fibrous foods we exert a pressure of 100 to 250 pounds of pressure on the teeth. Hardly seems possible, does it? This pressure insures a good circulation of blood in the inner part of the teeth, and helps considerably in developing teeth and jaws. Primitive people had good strong teeth, partly because they had to chew vigorously on tough meat, hard grains, and fibrous fruits and vegetables. Some of the soft foods we civilized people eat today give the teeth no "daily dozens" at all.

Children should be taught to eat the crusts of bread and rolls, as well as the soft inner part. They must be cautioned, also, to chew their food thoroughly--not to swallow it whole.

The menu for today is built around a veal roast. I want to suggest now that you plan to have enough meat left over for tomorrow's stuffed peppers. Save some of the stuffing too, if possible, and even a little gravy will come in handy.

Are you ready for the menu? All right. Roast veal, corn-on-the-cob or succotash, baked tomatoes, and sliced peaches.

Suitable veal cuts for roasting are loin, ribs, breast, chuck, or shoulder. I used a shoulder yesterday. After removing the shoulder bone, I filled the cavity with a stuffing made as follows:

2 cups dry bread crumbs
4 tablespoons melted butter
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon onion juice or finely grated onion
A little sage or thyme, if desired.

Mix the seasonings with the dry crumbs and moisten with the butter. Place the prepared meat in the roasting pan. Rub drippings over the surface, sprinkle with pepper and salt, dredge with flour, and brown quickly in a hot oven. The flour forms a crust which holds in the meat juices. Put the meat in a hot oven, in an uncovered roaster, and cook till the meat is a good brown color. Then cover the roaster, and cook in a slow oven. No basting is required. If there is not enough liquid in the roaster for gravy, wash the tasty crust from the sides of the roaster, add a little water, and make a brown gravy.

Corn-on-the-cob is very good with roast veal. If you prefer succotash, cook the corn with an equal amount of shelled beans or black-eyed peas, seasoning with salt, pepper, and butter. Succotash is a good means of utilizing left-over corn, beans, and peas, using either fresh or canned vegetables.

We're going to use fresh tomatoes just as long as possible, so don't be surprised if they occur quite often in the first weeks' menus. For today, cut the tomatoes in half, cover them with buttered bread crumbs seasoned with salt and pepper, and add a tablespoon of water to each half tomato. Bake them in a moderate oven, while the roast is finishing.

With sliced peaches for dessert, we have a well-balanced and an appetizing meal. To repeat the menu: roast veal, corn-on-the-cob or succotash, baked tomatoes, and sliced peaches.

I hope your family enjoys it as much as mine did.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

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PROGRAM HOUSEKEEPERS' CHAT RELEASE Oct. 7

I read an interesting item in the paper the other day. A scientist says that "vegetables have thoughts, feelings, and emotions similar to those of human beings." If that is true, a grapefruit must chuckle sometimes when a well-bred lady wipes a bit of juice from her eye.

I can imagine a whole cornfield grinning at the Irishman who ate his first corn-on-the-cob, in a New York restaurant. When he had finished, Pat smacked his lips, beckoned to a waiter, and handed him the cob. "Take that out and dip it again!" said Pat.

If a vegetable, say a potato, could realize how necessary it is in the culinary scheme, it would doubtless assume an important air. Take meal planning, for instance. How could an American housewife plan three hundred and sixty-five meals a year without once including potatoes?

I'm going to talk about meal planning for a few minutes. Judging from your questions, some of you seem to think that planning meals is an intricate task, to be attempted only by food specialists.

Such is not the case. You know there are five main groups of foods. Planning meals is simply combining these five groups in the right proportions, and in wholesome, attractive, and appetizing ways.

Suppose you label one section of your Radio Cookbooks "Meal Planning," and write down a list of these five groups of foods. I will give them to you in very brief form. Ready with your pencils?

Group I. Vegetables and fruits. Vegetables and fruits are rich in mineral matter, which we need for bones and teeth and other tissues, and to keep the body in good working order. They contain vitamins, necessary for normal growth; and bulky material, which helps prevent constipation.

Group II. Efficient-protein foods. In this group we have milk, eggs, cheese, meats, poultry, fish, and certain legumes, such as peanuts and soy beans. All these foods contain protein--called "efficient" protein because it is used to build new tissues and repair old ones.

Group III. Cereal foods. Rice, barley, wheat, and corn; breakfast foods, hominy, flour, meal, bread, crackers, macaroni--even biscuits and toast. The starch in these foods is used as fuel, and keeps the body warm and supplied with energy. Some of the cereals, as corn, contain fat. Whole-grain cereals also

supply roughage, minerals, and vitamins.

Group IV. Sweets, which the body uses for fuel. Sugar, honey, molasses, sirups, jellies, rich preserves, candy, and so on belong in this group. We need to guard against eating too much sweet food, especially before meals, or our appetites will be so dulled that we can't eat our proper share of the other groups. Some dried foods, such as figs, raisins, prunes, and dates, might also be included in this group. They can often be used instead of other sweets, and they are valuable for the minerals they contain.

Group V. Fats and fat foods. Butter, cream, lard, suet, table oils, salt pork, bacon, chocolate, and nuts, are used by the body as fuel. Fats are the most concentrated of all foods. I have read that an inch cube of butter would supply enough energy to enable a person to climb to the top of the Washington monument in Washington, D. C.--550 feet. I climbed to the top of the monument, but it was before I read about the butter. I took the elevator.

Planning meals, then, as I said before, is combining these five groups of foods. I do not mean that EVERY meal must include EVERY group, but each group should be represented in the daily diet.

You know what happens when our bodies are NOT properly nourished. The signs of poor nutrition in children are plain enough--bowlegs and knock-knees, narrow chests, decayed uneven teeth, bad breath, dark circles under the eyes, rough brittle hair, pale cheeks, and a "finicky" appetite. Not a pretty picture, is it?

Let's turn the page and find the signs of good nutrition--straight legs and ankles and well-developed arches, straight backs and flat shoulder blades, full rounded chests, strong teeth with thick enamel that protects them from decay, sparkling eyes and glossy hair, a keen appetite for simple wholesome food, and a tendency to look at the world through rose-colored spectacles.

If you failed to take sufficient notes on the five food groups, let me send you a copy of the meal-planning bulletin, printed this year by the Bureau of Home Economics.

"Please suggest some color combinations for a bedroom," is the first request on the list today.

If you will pardon me for being so personal, I'll tell you how my bedroom is furnished. The walls are ivory, the woodwork and furniture are oak. The rug--a soft warm one--is blue and dull yellow. The curtains and bedspread are cream and blue. I have a yellow and black parchment shade on my lamp, yellow and black candlesticks on the dressing table, and a yellow and black cushion on the cedar chest. Several pictures, and a number of books in their bright bindings, add a gay color note.

Would you like to see Billy's bedroom? Billy is just five years old. Yes, the table and chairs are low, made especially for him. We sawed a few inches off the legs of some high pieces. (Better not touch that pasteboard box. I think Billy is having a spider web made to order). The walls and woodwork are a warm grey, and the furniture is grey. The rug, you see, is green and white. So are the bedspread and the curtains. Billy wanted the decorations in his room to be red, a fire-engine red, but we compromised on a cheerful rose.

Please come into mother's room. Don't you like the cool grey walls and woodwork, the light green furniture, and the grey rug? Yes, the curtains and the bedspread are pretty--white, grey, green, and lavender combine well. Lavender is mother's favorite color--that's why I used it in the decorations.

We must hurry on, or Thursday's dinner will never be cooked, and I must mention my three latest purchases. A glass measuring cup, with the marking on the outside, because that's easier to see; a wooden spoon; and a cake cooler. I like to use a wooden spoon for creaming butter and sugar. It doesn't bend, or discolor the mixture, and since it doesn't conduct heat, it is more comfortable to use than a metal spoon. My spoon is made of smooth hard wood, a better shape than spoons made of soft wood. The cake cooler is a wire rack for cooling cakes, cookies, or bread. It allows the air to circulate underneath, and prevents moisture from condensing on the bottom of the cake.

Today I'm featuring a "top-of-the-stove" dinner, easily and quickly prepared, and very good. Here's the menu: Liver and bacon, mashed potatoes, fresh sliced tomatoes, blue plum sauce and "best-evers"--a drop cooky which is just what its name implies.

I used calf liver last night, but I might have used beef, lamb, or hog liver. I always select fresh liver. Liver is especially valuable for the vitamins it contains. It also furnishes the body with protein and calories, and is a valuable source of iron.

To prepare today's dish, cook the bacon, allowing one or two thin slices for each person. Use a broad iron skillet and cook it over a slow fire, watching it to prevent scorching or uneven cooking. Take the pieces out and drain them on unglazed paper or on paper toweling, the minute they are delicately browned and crisp. If you leave them in the fat they will be greasy.

While the bacon is cooking, cut the liver in half-inch slices. Wipe, remove the outer skin and veins. Season with salt and pepper, dredge with flour, and fry in bacon fat. Keep the fire low and cook the liver slowly, so it won't be dry and leathery. When the liver is tender and golden brown, take it from the pan and keep it warm while you make the gravy. Strain the fat and then take two tablespoons of it and mix with about one and a half tablespoons of flour. (If

you like a thick gravy, use two tablespoons of flour.) There will be some flour already in the fat, since the liver was floured. Use a cup of milk to mix with the fat and flour and cook the gravy until it is smooth, stirring to prevent scorching. Pour the gravy over the liver, or serve it separately. Garnish the dish of liver with the bacon and perhaps a bit of parsley.

The mashed potatoes, fresh sliced tomatoes, and blue plum sauce are easily prepared. Now--the "best-evers." There is something wrong here. I must have forgotten about the cookies when I said this was a top-of-the-stove dinner. We'll have to pretend that the cookies were baked yesterday, and that the cooky jar is still half-full. Here is the way you made them:

1/2 cup butter
1 cup sugar
2 egg yolks
2 tablespoons milk
2 cups flour
1 teaspoon salt
1 teaspoon baking powder
1 cup seeded raisins
1 cup dry, shredded coconut
2 egg whites
2 teaspoons vanilla
2 or 3 cups flaked, toasted breakfast food

Mix the ingredients in the order given. Use onerounding teaspoon of the mixture for each cooky. Drop by spoonfuls on a buttered sheet 1/2 inch apart. Bake in a moderate oven. Watch the cookies closely, for they burn quickly. Remove from the pan while hot. This recipe makes about 65 cookies.

To repeat the menu: Liver and bacon, mashed potatoes, fresh sliced tomatoes, blue plum sauce and "best-evers."

Tomorrow I am going to give you a menu which may be used for Friday or for Sunday, or for both.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

HOUSEKEEPERS' CHAT

Oct 8

PROGRAM..... RELEASE.....

She's left this dolesome valeof tears,
Poor Miss Samanthy Bundy,
Who failed but once in sixty years
To do the "wash" on Monday.

That's what killed her. She forgot to consult the calendar, didn't know it was Monday till almost midnight, and expired with a washboard in her hand. Her last words were: "I would rather be dead than do my washing on a Tuesday."

Speaking seriously, isn't it queer, how some people think Monday was foreordained as the family wash day? I can remember "away back when" my mother felt disgraced if the neighbor across the street had a line of clothes out on Monday morning before we did. I always hung the clothes in plain sight, so people could comment on our industry.

Now I dedicate Tuesday to washing, unless another day is more convenient. That gives me time on Monday to pick up the Sunday newspapers, put the books away, and otherwise straighten the house.

I generally soak the white clothes over night. This loosens the dirt, saves time, and lessens wear. I cover them with soft, lukewarm, soapy water, and use separate tubs for very dirty and only slightly soiled clothes. If Billy's and Fred's overalls are unusually dirty, they are moistened, soaped well, rolled up, and placed in a small quantity of water.

Tuesday morning the clothes are removed from the soaking water, and washed by machine, in plenty of hot soapsuds. Delicate fabrics and small articles are tied in net or thin muslin bags, so they will be easier to find in the washing machine. I use lots of water--soft, when the cistern isn't dry. When the first suds gets dirty I drain it off and fill the machine with a clean, hot suds. A soap solution, made by dissolving a cake of soap in three quarts of hot water, makes a suds more quickly and cleans more evenly than a bar of soap. I use a brush on greasy overalls and other garments that are very dirty. Fred worked in a garage for a while last summer, and I almost wore out one brush on his work clothes. A smaller brush, not too stiff, helps a lot in cleaning finer fabrics, such as the collars and wristbands of boys' shirts.

After washing, the clothes are wrung as dry as possible, all buttons being folded inside. Ordinarily I wash the clothes through a second suds, and if

NECESSARY, I boil the white ones, for five or ten minutes. Longer boiling makes them yellow.

Do you ever, as a last resort, use kerosene or turpentine--one to six tablespoonsful to a boilerful of water--to clean very dirty garments? These cleansing agents are inflammable, and it takes a long time to rinse the odor out, especially in hard water. I prefer to use the juice of one or two lemons, to a boilerful of water, when lemons aren't too expensive.

After the clothes are washed and boiled, I rinse them, THOROUGHLY, in plenty of clear, soft, HOT water. COLD rinse water hardens the soap and makes it difficult to remove. I never add bluing to the rinse water. Soap and washing powder should be removed from clothes before they are placed in a bluing water. But we've talked long enough about washing--I'll leave the bluing process for another day.

"Is it necessary to unwrap meat as soon as it is brought home from market?" asks a listener from Missouri.

It should be unwrapped immediately. Wipe or scrape off any visible dirt and place the meat in a clean, dry, covered dish in the refrigerator or storeroom. Don't wash it till just before cooking. Washing draws the juices from the meat and hastens spoilage.

Let's see--who's next on the list. A woman with narrow shoulders, who wants to hide this "defect." Narrow shoulders aren't necessarily a defect. Good lines for narrow shoulders are found in kimono sleeves, variations of the round yoke, and drop shoulders.

The next question is from a housekeeper who wants advice on curtaining her kitchen windows.

If the windows are small-paned, and the view is pleasing, you might omit curtains entirely. However, a softer effect is gained by using side curtains--of gingham, glass toweling, muslin, or some other durable, easily laundered material. A brief ruffle, which does not interfere with ventilation, is all the valance you need. If you must cover your windows with glass curtains, use a thinner material, band it with a bright color, and omit the side curtains. Kitchen windows may be made one of the beauty spots of the room, although they are often just the opposite. Window sills full of empty milk bottles, balls of string, and a convalescent geranium are not attractive, even with pretty curtains.

Question 4: "My complexion is one which can only be described as 'average'," writes a high school girl. "Can you suggest suitable colors for me to wear?"

I will try, although it's rather difficult, when I haven't seen you. Many complexions are "average", but most everybody has at least one attractive feature which can be emphasized by the correct colors. If you have a natural gold glint in your hair, lavender will intensify it, by contrast. If your eyes are blue, grey-blue will emphasize the color. Soft grey-greens add color to the cheeks. If you wear a blue to "bring out" the color of your eyes, don't wear a color so intense that it makes your eyes appear grey or faded. Orange must also be worn with discretion. It will bring out the golden lights in dark brown hair and eyes, but it makes the yellow of blonde hair look faded.

Fifth and last question for today: "Can scorch/stains be removed from linen and cotton fabrics?

The Stain Removal bulletin, which I mentioned Wednesday, says that scorch on cotton and lien can sometimes be removed, if the fibers are not actually burned. Wool and silk usually can not be restored to their original condition after being scorched, but wool may be improved by brushing with emery paper.

For removing slight stains from cotton and linen, use one of these methods:

First, soap and water, if the fabric is washable and the stain is slight.

Second, wet the spot with water (or soap and water), and expose it to the sun for a day, or longer if necessary. The scorch disappears more rapidly if the material is moistened before exposure.

Third, use hydrogen peroxide. Light scorch stains can be removed from any white fabric as follows: Dampen a white cotton cloth with hydrogen peroxide and place over the stain. Place a clean, dry cloth over this to protect the iron, and then iron with a medium warm iron. Replace the top cloth if the Hydrogen peroxide soaks through. Repeat the operation if necessary. If you use this method, you must observe this precaution--never iron directly on the cloth moistened with the hydrogen peroxide, or on the moist fabric after the dry cloth has been removed. If you do, the iron will leave a rust stain on the garment and you'll have to begin all over again.

And now the menu, which will be just as good for Sunday as it is for Friday. Pencils ready? Salmon, riced potatoes, pepper pickle, string beans, and baked pears.

I hope you are fortunate enough to get fresh salmon today, or perhaps some other kind of fresh fish. If you aren't, canned salmon with white sauce is very appetizing. Heat the salmon in the can, by placing it in boiling water and boiling it for 20 to 30 minutes. Use a medium white sauce on the fish. Most of you know the proportions for a medium white sauce--2 tablespoons fat, 2 tablespoons flour, 1 cup of milk, 1/4 teaspoon salt, and a dash of pepper. Chopped

parsley mixed in the sauce makes it particularly good with the salmon.

The riced potatoes are easily prepared. Force hot boiled potatoes through a potato ricer or a coarse strainer. Serve them piled LIGHTLY in a hot vegetable dish. Did you notice that I emphasized the word "lightly"? The recipe specialist in the Bureau of Home Economics who helped me prepare this menu is very fond of riced potatoes--but she insists that they be light and fluffy, and dotted with butter.

Our second vegetable today is string beans, fresh if possible. And now we need something peppery and vinegary to go with the salmon. What was it the immortal Walrus told Alice in Wonderland? " 'A loaf of bread,' the Walrus said, 'is what we chiefly need; pepper and vinegar beside are very good indeed.' "

Perhaps Alice used pepper pickle made like this:

1 cup minced green pepper
1 cup minced red pepper
2-4 tablespoons sugar
1/2 to 1/3 teaspoon salt
1 small onion, chopped
1 cup vinegar

Dissolve the salt and the sugar in the hot vinegar, and pour over the vegetables. Let the pickle stand two or three hours before serving. It keeps well in a stone jar. In any case, keep it out of the light, so the red pepper won't fade. I like this pepper pickle because it is easy to prepare, and doesn't require cooking.

We have a tasty dessert today--baked pears. Wash the pears, cut them in halves, and core them. Place in a baking dish. Sprinkle with brown sugar, and a little salt; add a dot of butter and a very little water. Cover at first, until the fruit is soft. Baste once or twice, while the fruit is cooking, with the liquid in the pan. Add a little more water if necessary to keep the pears from burning.

I have found this recipe especially good for the small, hard pears which grow on a scrubby tree in our back yard. The pears are not good raw, but they are delicious baked.

Shall we check the menu? Fresh or canned salmon, riced potatoes, pepper pickle, string beans, and baked pears.

That's all, till next Monday. Remember that if you have listened in to the Housekeepers' program every day, you are entitled to a full set of the menus and recipes.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM HOUSEKEEPERS' CHAT RELEASE Oct. 11.

ANNOUNCER'S ATTENTION: On making your introduction announcements please use the name of Aunt Sammy and make it clear to your audience that this material comes to you from the Bureau of Home Economics, U. S. Department of Agriculture.

"Methuselah ate what he found on his plate,
And never, as people do now,
Did he note the amount of the caloric count --
He ate it because it was chow.
He wasn't disturbed, as at dinner he sat,
Destroying a roast or a pie
To think it was lacking in granular fat,
Or a couple of vitamins shy.
He cheerfully chewed every species of food,
Untroubled by worries or fears
Lest his health might be hurt by some fancy dessert --
And he lived over nine hundred years! "

I've always felt sorry for poor Methuselah. If he had known something about vitamins and calories and balanced meals, he might have lived to a ripe old age.

Here it is Monday again, and we are more interested in getting the laundry ready for Tuesday's washing, than in vitamins. I promised to tell you today what I've found out about bluing, from the laundry specialist in the bureau of home economics. Bluing is used to cover, or neutralize, the yellowish tint in white clothes. It doesn't remove the cause of the yellow tint, but produces a gray color which appears white to us. A fabric which has been properly manufactured, and always properly laundered, doesn't need bluing. Unfortunately, there are few of these fabrics in our households. However, we are likely to use too much rather than too little bluing.

A soluble powder bluing should be dissolved in a small quantity of water, then added, drop by drop, to a tubful of clear water. Be sure all particles are dissolved. Sometimes I use ball or block bluing tied in a canton flannel bag, and swish it through the tub of cold water until I get the color I want.

Insoluble powder bluing should be made into a paste, in a small vessel, and stirred well while it's added to the water.

I always make the bluing water just before using it. If it stands, it is likely to streak the clothes. I test the shade by dipping in a small garment, and holding it to the light, or by holding a little of the water in the hollow of my hand. All bluing water, especially that made with insoluble blues, should be stirred occasionally. Blue only a few pieces together, and never let them soak in the bluing water. The ideal method is to dip them in and out, one at a time. Clothes that have been over-blued may be whitened by pouring boiling water over them, or by a few minutes' boiling.

The next step in our laundering process is starching, which we'll take up later. "Can you tell me a reliable jelly test? How should jelly glasses be sterilized?" is the first request on the list today.

According to the jelly specialist in the bureau of home economics, the "sheeting" or "two-drop" test is reliable. Dip the spoon into the boiling juice, then raise it above the liquid. Let the juice run off from the side of the spoon. When the jelly is done, the juice will be so heavy that the last portions will sheet off, or break off in sheets, instead of trickling in drops. Some authorities call this the "two-drop" test, because the juice drops in two lines of drops from the edges of the sheet, instead of in a single line of drops from the spoon. Take the jelly from the fire immediately when this stage is reached, or it will overcook.

Your glasses and covers may be sterilized by putting them into a pan of cold water, so that the water covers them, and bringing the water slowly to a boil. Remove from the fire, and let the glasses and covers stand in the hot water until the jelly is nearly done. Then fish them out of the hot water, a few at a time, with a fork or tongs, touching the glasses as little as possible, and only on the outside. Drain the glasses for a minute or two, and invert them. (I might say here that a pair of tongs, which can be bought for a small sum, is a handy kitchen utensil in more ways than one. Tongs are better than fingers or forks in removing baked potatoes from the oven, or corn-on-the-cob from a kettle.) Pour the hot jelly into the hot glasses. Keep the covers in a clean place until the jelly sets.

I often wonder, when I survey my shelf of sparkling jellies--gold and purple and amethyst and rose--why the old Greek and Roman gods were so fond of ambrosia. Surely they had never tasted wild grape jelly.

Question 2: "Is this a good time for one to prune rambler roses?"

Hardy climbing roses should be pruned just after they bloom. This keeps the old wood cut back--and encourages the growth of new sprouts, which produces branches the following year.

Question 3: "How should one store a small quantity of sweet potatoes?"

Why don't you place them in baskets or ventilated crates, and hang them to the joists of the furnace room? Or they might be stored in an upstairs room, or in the attic. The temperature, following the digging of the potatoes, may run as high as 80 degrees, and average 60 degrees later. Sweet potatoes should be kept reasonably warm, very dry, and should not be handled during storage. If you want more information on storing sweet potatoes, and other vegetables, write to the Department of Agriculture for the vegetable storage bulletin.

"In your 'curtain talk' last week," writes a Nebraska listener, "you mentioned 'glass'curtains. I do not know just what you mean by the term."

My fault--I should have made myself clear. Glass curtains are the curtains placed over all or part of the glass of the windows. They are usually made of a thin, semi-transparent fabric--net, marquisette, scrim, voile, theatrical gauze, or silk gauze--and extend only to the sill. Most people like to have glass curtains at all windows, except small-paned casement windows, or those opening out on a beautiful landscape, provided they do not cut out too much light or air.

The curtains diffuse the light entering the room, modify its color, protect the side draperies, lend an air of privacy, and, if one type of curtain is used throughout the house, give a uniform effect from the outside.

Today's dinner centers around a roast leg of lamb, with potatoes, fresh or canned peas, and, for dessert, baked peaches. A pretty mold of bright red jelly should be served with the lamb.

Serve the lamb piping hot. Put it on a hot platter as soon as it comes from the oven, carve it quickly before it cools, and serve on hot plates. As soon as lamb fat cools, even a little, it hardens and sticks to the plate. It then sticks to the tongue when it is eaten -- a characteristic which keeps some people from liking it. But we'll serve it hot, and avoid the stickiness.

Choose a plump, well-fatted leg weighing 5 to 5½ pounds. Wipe it off with a damp cloth. Rub salt over the outside. Dredge with flour too, if you prefer it that way. Then place the meat, bone side up, in a heavy roasting pan, preferably on a rack, and put it in a very hot oven (about 500 degrees F). If it is roasted in this position the thick part of the meat will be most convenient for carving. Let the meat stay at this high temperature for 20 minutes, or until it sears over; then let the oven cool to a moderate temperature (about 350 degrees F). Continue roasting for 2 to 2½ hours, depending on the size of the leg. A general rule is to allow 15 minutes per pound, counting out the time required for searing.

Most people prefer lamb well done, though it should not be cooked so long that it is dry. Baste the meat occasionally during roasting, with the drippings, but do not add any water. Leg of lamb is one of the tender cuts which should be cooked at fairly high temperature and needs no moisture added during cooking. Water draws out the juices and detracts from the rich flavor of the meat.

If you like the flavor of onions, and want your roast lamb to be extra nice, put five raw, peeled Bermuda onions around the meat when you put it in the oven. Sprinkle the onions with salt and a very little flour. The water in the onions penetrates the meat, and imparts a delicate, pleasing flavor.

The potatoes, too, will be cooked with the meat today. Boil six, smooth potatoes, of uniform size, for about 15 minutes. Then peel them, and place them around the roast when it is about half done. Sprinkle lightly with flour when you put them in the roasting pan, and baste them occasionally with the meat drippings. Don't cook more potatoes than you will need for today's dinner, for--prepared this way--they can't be used very well as a left-over.

Now, to make the gravy. If there is too much fat in the roaster, remove some of it and add a little water, washing from the pan the bits of crisp brown fat which sticks to the sides. Thicken the fat, season with salt and pepper, and serve the gravy separately. Garnish the meat with parsley.

Remember to serve the lamb on a hot platter and have the dinner plates hot when the lamb is carved and put on them. The slices will be in attractive shapes if you carve crosswise of the grain, through the thickest portion of the leg. Tomorrow's menu calls for cold roast lamb, so be sure to have some of the meat left over.

[illegible]

[illegible]

[illegible]

Our second vegetable today is green peas, fresh or canned. They seem to belong in a "leg of lamb" dinner.

About this time of year, we often have peaches which are too hard to be sliced and eaten raw, but which are very good, baked. Albertas, especially, are good baked. Here is the recipe suggested by the Bureau of Home Economics:

Select large yellow peaches, pare them, and cut them in halves. Place them in a shallow pan, pit side up. Sprinkle lightly with salt, and dot with butter. Broil under a flame, or bake in the oven until the peaches are hot through, and lightly browned. Serve with a hot sauce.

Shall we check the menu? Roast leg of lamb, with potatoes, fresh or canned peas, tart jelly, and baked peaches.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Reserve

HOUSEKEEPERS' CHAT

Tuesday, October 12

PROGRAM..... RELEASE.....

Little Miss Muffet sat on a tuffet,
Eating her curds and whey,
When along came a cook with a recipe book
--Do you think she was frightened away?

- - - -

Indeed she wasn't. In fact, she realized that she was somewhat old-fashioned, eating plain curds and whey, and she was quite anxious to hear what the cook had to say. He told her that curds and whey were good enough back in Mother Goose's time, but that cottage cheese was much more popular nowadays. Miss Muffet, feeling almost as ancient as the "weegee" board, threw her curds and whey out the window, and asked to see the cottage cheese recipes.

"It's this way, Miss Muffet," said the cook, speaking in an important tone, for he was proud of his knowledge, "you know--or you should know--that cottage cheese is high in nutritive value. It is rich in protein, which is used to build and repair body tissue, and contains important minerals."

"Yes, yes," said Miss Muffet, much impressed with the big words he used. "Do go on!"

"You also know--or you should know," continued the cook, "that there is an abundance of skim milk, which cottage cheese is made of. This skim milk is used a great deal for feeding calves, pigs, and chickens. They flourish on it! Skim milk is rich and nourishing for us human beings, too. However, few people know in how many ways it can be used."

"I'm afraid that's so," said Miss Muffet, blushing to the roots of her blond curls.

"So," continued the cook, "I'm going to tell you a few ways to serve cottage cheese. Do you want to write them down?"

"If you please," replied Miss Muffet, taking a gold pencil from her apron pocket.

"Most people," began the cook, "like plain, uncooked, cottage cheese. It is often served with rich cream and a little salt, or with sugar, and cream or whole milk. Not only sweet cream, but sour cream, or melted butter, added to cottage cheese, improves its flavor and increases the food value. Being mild in flavor cottage cheese combines well with berries, peaches, or other fresh fruits. Cottage cheese is also used with canned fruits; raisins, cut dates, or other dried fruits; brown sugar,

honey, jam or marmalade; or chopped nuts. You can mix cottage cheese with broken nut meats, chopped pimentos, finely cut green peppers, diced cucumbers, or other crisp vegetables. Horse-radish, onion juice, and parsley, make a good combination with cottage cheese."

"You talk just like a book!" exclaimed Miss Muffet, admiringly.

"I--I read part of it," admitted the cook. "Dry cheese should be seasoned well. Pack the cheese in a buttered earthern or enamel dish. Chill it, turn it out on a platter, and serve it in slices. Ground sage makes a good seasoning. Or you might mix with plain cheese a little finely ground, left-over ham, or corned beef. Season it with mustard."

"Sounds very good," commented Miss Muffet, taking notes in a queer-looking shorthand.

"Then there are salads!" said the cook, becoming really quite eloquent. "Cottage cheese is dee-licious in salads! Form it into balls or slices, mold it in tiny cups, or pass it through a pastry tube. Then combine the cottage cheese with fresh vegetables, cooked or canned vegetables; fresh, dried, canned, or preserved fruits; nuts, olives, rice, potatoes! If you combine it with rice or potatoes, use a garnish like beets, pimentos, or green peppers. To give crispness, use celery, cucumbers, green peppers, crisp lettuce, or cabbage. French, mayonnaise, or boiled dressings go well with cheese salads."

"You know more about cottage cheese than any one I ever saw!" exclaimed Miss Muffet, so excited that she almost fell off the tuffet. "You must be a very smart cook!"

"Not at all," said the cook, blushing a little himself. "I know a good many other recipes I'll tell you about some time."

And he left--without, I regret to say--owning up that he found every one of his cottage cheese suggestions in a bulletin, called "Making and Using Cottage Cheese in the Home," printed by the U. S. Department of Agriculture.

Questions next, and then the menu. Good recipe for fried tomatoes today.

The first question today is about curtains. "Please tell me what you mean by 'valances'," requests a lady from Ohio.

Valances are the part of the window drapery which is placed across the top of the window. They are used with or without side draperies, and are made shirred, pleated, draped, or fitted.

Valances are decorative, and they give a finish to the window by carrying the eyes across the top. Many parallel lines, formed by side draperies, may give a stiff, uncomfortable effect, especially in a small

room. When the side draperies are connected with a valance, the continuous vertical effect is broken.

Next question: "Can you give me simple directions for preparing and processing tomatoes for home use?"

Select firm, ripe tomatoes of medium size and uniform shape. Don't use tomatoes which are overripe, spotted or decayed. Put them in trays or wire baskets. Dip into boiling water for about a minute, according to ripeness. Remove, and plunge quickly into cold water for an instant. Drain at once, core, and peel. Pack the tomatoes into jars or cans as closely as possible. Fill with the hot juice of other tomatoes. Season with 1 teaspoon of salt per quart. Process the quart and pint glass jars for 45 minutes in boiling water. Process No. 2 and No. 3 tin cans for 35 minutes. Here is a precaution some of you may want to know about: If you live more than a thousand feet above sea level, increase the time for processing in boiling water one-fifth for each extra 1,000 feet. You can get much more information about canning from the U. S. D. A. bulletin, "Canning Fruits and Vegetables at Home."

Question No. 3: "I have many lovely pictures, pieces of pottery and silver placed about my living room, but the room has a cluttered appearance. Could it be due to these?"

Pictures, pottery, and candlesticks are essential in home decoration, but, as you say, simplicity is lost and the room looks like a museum if too many are used. Each table, bookcase, and corner of the room should form a picture. A small table placed by a window may have one candlestick, two books, and a small, low bowl. A bookcase, or fireplace, may have on it a bowl of flowers, placed just past the center, so that it won't hide a picture hung in the middle of the space.

Clear off the tops of your tables. Make simple arrangements, and note how much more restful the whole spirit of your room is. One or two beautiful objects have decorative value if placed in the proper relation to their surroundings, but a large number of beautiful objects detract from the importance of one another and defeat their own purpose.

The menu today calls for cold roast lamb, creamed potatoes, fried tomatoes, and pear salad, made with fresh or canned pears.

Cut the lamb in thin slices and serve it attractively garnished with parsley.

Creamed potatoes are very good with cold roast lamb. Pare the potatoes very thin, cut them in cubes, and put them in freshly boiling salted water. Don't use too much water. Boil the potatoes until they are tender, but not soft. As soon as they are done take them from the water. The sauce is made of 1-1/2 tablespoons flour, 2 tablespoons butter, and 1 cup of milk, cooked enough to prevent the starchy flavor.

You may add fine bits of parsley to the sauce, or a little cheese, or onion juice. Pour the sauce over the potatoes, and serve them hot. Don't stir the potatoes in the sauce, or they will lose their shape, and become "mushy."

If you have lots of cream, or rich milk, you may prepare your creamed potatoes this way: Cook the potatoes with their jackets on, and drain. Peel, and cut in small cubes. Put them in a saucepan with two tablespoons of butter for each two cups of potatoes. Sprinkle with salt and paprika. Add one cup of cream or rich milk, and cook slowly 40 minutes.

There is a special art in frying tomatoes. Choose firm tomatoes. Cut them half an inch thick. Season with salt and pepper, and sprinkle lightly with flour. Don't use too much fat in the frying pan. Let the tomatoes cook slowly so that a crust forms before they are turned. Don't fry too many at once, and never let the pan get so hot that the flour will scorch. It's the long, slow cooking that forms the toothsome crust. Serve the tomatoes very hot. They are more attractive if placed separately on the serving plate--not piled on top of one another. A flat knife is easy to serve them with. Some people like fried tomatoes seasoned with sugar, which may be added at the table.

If you use canned pears for the salad, open the can in the morning, drain the fruit, and place it where it will become thoroughly chilled. Save this pear juice, add the juice of an orange or lemon to it, and make a fruit punch for the children's between meal lunch. If you prepare the lettuce some time before dinner, wash it thoroughly, wipe it dry, and plade it in a cheesecloth lettuce bag, or a paper bag, in the refrigerator or cold storage room. The lettuce will be crisp and fresh, however, if it is prepared shortly before dinner. Wash it and sprinkle with a little chipped ice or cold water about half an hour before serving. Be sure to wipe it dry before placing it in the salad plates, or it will make the salad too moist, and thin the dressing.

Arrange the lettuce on the plates, put the fresh fruit on the lettuce, and sprinkle with grated cheese. Garnish with salad dressing, placed either on the fruit or at the side of the dish. If you use fresh pears, peel them very thin and remove the core. Place them on the lettuce core side up. Pears, like some other fruits, discolor quickly when they are peeled. They should be pared with a fruit knife made of glass, or of stainless steel.

Pear salad, well chilled, is a tasty accompaniment to our cold roast lamb dinner.

Since the pear salad is serving as our dessert today, you might like to vary the dressing. Tomato catsup and thick mayonnaise, mixed half and half, make a delicious dressing for pear salad. If you use this tomato sauce, do not put cheese on the fruit, but serve cheese and crackers with the salad.

We will check the menu: Cold roast lamb, creamed potatoes, fried tomatoes, and pear salad.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Oct.13, 1926

John and Mary were listening-in to a radio program.

"Seems to me our radio sounds funnier than usual tonight," said John.

"Oh, now I know why!" exclaimed Mary. "I put your dress shirt in the loud speaker, to remind you of the laundry!"

Speaking of the laundry--we've washed the clothes, and rinsed them. Now it's time to starch. (By the way, the U. S. Department of Agriculture has published a bulletin on "Home Laundering" which contains good general directions for making starch. I'll send you the bulletin, if you want it.)

Starch the clothes wrong side out. Leave them wrong side out till they're sprinkled. For white clothes, use the starch as hot as you can stand it. Hot starch goes through the fabric better and more evenly, and doesn't leave shiny spots when ironed. Keep most of the starch hot. Use only part of it at a time. Replace it when it gets cold and thick. The ideal method of starching is to have two pans of starch, besides the reserve supply. Dilute one with enough water to make a good paste for the thinner materials, and keep the other thick enough for the heavier clothes.

Begin by starching the garments you want stiffest. Clothes wrung very dry before starching will be stiffer than wetter ones. White starch shows plainly when used on dark colored clothes. It may be tinted with tea or coffee for browns, and with bluing for blues, or specially tinted products may be purchased. Dry all colored garments in the shade. Be sure they are wrong side out. Take the colored clothes off the line as soon as they are dry.

Here are three laundry hints I've learned from the Bureau of Home Economic

First--A new rope clothesline will be softer, and will last longer, if boiled for a few minutes in soapy water.

Second--A clothespin basket, with wire hooks, is a time-saver on wash day. Push it along the clothesline as you hang the clothes.

Third--A spray head, attached to a cork fitted into a bottle, makes a good clothes sprinkler. A round shisk broom, new and clean, is also a good clothes sprinkler. Both these methods give a finer spray, sprinkle more evenly, and do the work in less time than the hand method.

Enough is enough, as the man said when he finished his seventeenth hamburger. We son't talk about washing any more this week.

I'd like to give you the menu next, because it's extra good. I tried it on the family last night.

But here's Mrs. R., of Paola, Kansas, who wants to know how to cover her jelly. Mrs. R. is doing her first canning this fall. I shouldn't be surprised if she has tried to make jelly of all the surplus apples in the county. (I know Mrs. R. She studied bookkeeping when she should have been learning to cook).

I always cover my jelly with paraffin. Here's how:

Put the paraffin into a cup, small saucepan, or small tin coffee pot. Melt over low heat. After the jelly has cooled and "set," run the point of a knife lightly around the edge. Then pour hot paraffin over each glassful of jelly. See that it completely covers the top. Tilt the glass, so the paraffin will run up on the sides of the glass lightly. This makes a perfect seal around the edge. After the paraffin cools, place tin tops on the glasses, or paste paper over them. Label the glasses neatly. Store them in a dry, cool, dark place.

"What wall papers are best for general use?" asks a Wyoming housekeeper.

I like a wall paper that gives a plain effect, or one with an inconspicuous, all-over design that the family won't tire of. Papers with a rough finish do not show soil quickly. Gray or cream, with a lighter tone for the ceiling, makes a good background for pictures, and for gay curtains.

Two more questions. Then I'll tell you how to make apple dumplings--the kine of apple dumplings Fred says must "sign up for a return engagement" at our house this week.

"What is the best way to keep lard from turning rancid?"

Keep your lard in completely filled, tightly closed containers, preferably of glass, or earthenware. Store the lard in a cool, dark place.

Mrs. F., of St. Louis, wants a reliable test for fruit jar rings. As you probably know, fruit jar rings must be bought new each year. I test them by doubling the rings together, and pressing the fold with my finger. If made of good rubber, the rings won't crack. Another test is made by stretching the rings to twice their length. They should return without changing shape.

Well, well! I did want to get to the menu next, and here's a request for a "green tomato pie" recipe. May I leave it till Thursday? No, I won't forget--I'll take it up the first thing tomorrow. Thank you.

Pencils ready now, for the menu. (Read slowly, or repeat.) Spinach with hard boiled eggs, fried squash, baked potatoes, and apple dumplings with sauce.

The spinach must be washed <u>very carefully</u>. You might use two pans in cleaning it, transferring the spinach from one pan to the other, and changing the water. Or you might put the spinach in a colander, and hold it under the running water in the sink. Remove the stems. If the leaves are large, chop them into small pieces. Drain the spinach. Cook it in a double boiler <u>without</u> water. Cover it closely, at the beginning, so it will steam. Season with salt, pepper, and butter. Remove the cover, and don't cook the spinach too long, or the bright color will be lost. Covered vegetables lose their green color more quickly than those cooked uncovered. I believe you will like your spinach piled lightly in the serving dish,--not packed down hard. Serve it hot. Garnish with

hard boiled eggs, cut in neat slices of uniform size. An egg slicer, which costs very little, is a handy piece of kitchen equipment, and saves time.

For frying, select small squash. Season the slices with salt and pepper. Sprinkle lightly with flour. Cook them slowly, as you did the fried tomatoes, so the crust will have time to form. Serve hot.

Baked potatoes are next. Pick out the smooth-skinned potatoes of uniform size. Wash, and wipe dry. Put them on the medium rack of a fairly hot oven. The potatoes will require from $\frac{3}{4}$ to 1 hour for baking. Test them occasionally, loosening the skin with the tips of the fingers, so the potatoes will cook through. When they are done, make a cross-shaped slit in each potato, with a knife. Using a towel over your hand, force a little of the potato up through the slit, so the steam will escape. Serve the potatoes immediately. Sprinkle lightly with paprika. Place a dot of butter in the center of each potato.

I find that a long-handled "wienie" fork, or canning tongs, come in handy when potatoes are removed from the oven.

The pastry for the apple dumpling is made as follows: 1-1/2 cups flour, 1/2 teaspoon salt, 2 1/3 tablespoons water, 5 1/3 tablespoons fat. A biscuit cutter is excellent for combining the ingredients, which should be handled as little as possible. Roll the dough lightly. If I should add a special precaution here, it would be <u>not</u> to use too much water. (This pastry recipe makes enough for one two-crust pie.

If you use apples cut in quarters, sprinkle the pieces lightly with sugar, cinnamon, a little salt and butter. If you use <u>whole</u> apples, select those of medium size, remove cores, and fill the holes with the seasoning. Place the fruit in the center of the rounds of dough. Bring the edges of the dough up over the fruit, pinching them together, firmly, so the juice won't escape. Bake the dumplings in greased muffin pans, or in pie tins, in a fairly hot oven.

The sauce is made as follows:

1 1/2 cups boiling water
1 1/2 tablespoons cornstarch
3 tablespoons butter
1/2 cup sugar
1 teaspoon vanilla
Little grated nutmeg
Few grains salt

Mix the starch and the sugar with the boiling water. Add the butter just before serving. Be sure to let the sauce boil long enough to do away with the starchy taste. Hard sauce, which I gave you a recipe for not long ago, is also good on apple dumplings. Some people prefer cream, rather than a sauce, on apple dumplings.

To repeat the menu: Spinach with hard boiled eggs, fried squash, baked potatoes, and apple dumplings with sauce.

First thing on the program tomorrow--green tomato pie. And if you have any questions, send them in. If I can't answer them, I may be able to find some one who can.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Oct.14

"She's as wise as she is winsome,
And as windsome as she's wise,
And besides her other graces,
She is good at making pies."

Green tomato pie, that means. Delicious green tomato pie with a toothsome flaky, melt-in-your-mouth kind of crust. I'll give you my recipe, which has been tested several times. You can add it to your Radio Cookbooks. Ready? (Read slowly.)

Green Tomato Pie

4 or 5 medium-sized green tomatoes
1/2 lemon, sliced very thin
1/4 teaspoon cinnamon
1/2 teaspoon salt
1-1/2 tablespoons cornstarch
3/4 cup sugar
1 tablespoon butter

Slice the tomatoes. Heat slowly in a saucepan with the sugar, lemon, salt, and spice, until the tomatoes are tender. Add the cornstarch. Cook until the cornstarch does not taste raw. Take from the fire. Add the butter. Line a pie tin with pastry. Bake the lower crust for 12 minutes, in a moderately hot oven, until a delicate color begins to appear. Put the tomato filling in this pre-baked crust, cover with an upper crust, and bake about 12 minutes in a hot oven, or until the upper crust is done. Be careful when you cover the pie with the unbaked, upper crust. Moisten the edge, and press it firmly over the edge of the baked, lower crust.

If there isn't enough liquid in the tomatoes to cook them, add a little water when stewing them. You may want to use more, or less, cornstarch than the recipe calls for, according to the amount of tomato juice.

The questions are short and snappy today. And the menu-- Did you ever use peanuts in stuffed eggplant? No? But I really mustn't start in on the menu till I've answered these questions.

Question No. 1: "What kind of sleeves are most becoming on a stout woman?"

Loosely fitted long sleeves are most becoming on fleshy arms. Loose sleeves, open at the wrist, are graceful as well as comfortable. To make the arm seem longer, and more slender, use bound slashes, bands of material, rows

of buttons, etc., as trimming. Sleeves gathered into a tight cuff, with a puffed effect, should be avoided by the stout woman.

Question No. 2: "Should the juices from canned vegetables be thrown away?"

Not unless the food has spoiled, in which case the vegetables should be thrown away, too. If the food is good, so is the juice, and it contains valuabl minerals which the body needs.

Number 3: "If a soft custard has been cooked so much that it curdles, ca it be made smooth again?"

Yes. Beat the custard with a Dover egg beater.

Number 4: "How can I tell whether a piece of material said to be 'all wool' is really 'all wool', or part cotton?"

Boil a sample of the material for 15 minutes in a solution of one tablespoon of lye to a pint of water. The cotton will not dissappear, but the wool dissolves. If you don't have lye, use larger amounts of an alkaline washing powder when making the test.

Next question: "Can you give me a good general rule for selecting becomir colors? I seem to have no color sense at all."

This question has inspired me to write a verse--or perhaps the hazy Indian summer weather is responsible. Anyway, here's the verse. (Don't bother to paste it in your scrapbooks.)

I'm glad old Mother Nature
  Studied color schemes and things--
What if she'd made orange elephants?
  Or cows with crimson wings?

'Twould be a topsy-turvy world, if all the elephants were red, and all the birds were grey. Ever notice how careful Mother Nature is to use bright colors in small areas, and greyed colors in large areas? Elephant and redbird--you know what I mean.

It's safe to follow nature's color harmonies, if they're in harmony with the wearer. Beautiful color harmonies are found in flowers, feathers, clouds at sunrise and sunset, and the bark of trees. To tell whether a color is becoming to you, select materials of different colors, drape them over your shoulders, and study the effect. Colors which are dull in hue are most easily worn by the average person. Bright colors, in small areas, are used with these dull colors for the sake of interest and accent.

Question No. 6: "How should rayon curtains be laundered?"

This question reminds me of Edith, and her first silk/party dress.

"Isn't it wonderful," said Edith, "that all this silk comes from a poor, insignificant worm?"

"Oh, Edith," said her mother, reproachfully, "aren't you ashamed to refer to your father in that way?"

Let's see, we were talking about the artificial silk material known as rayon. My next-door neighbor washed her rayon curtains last week, for the first time. They are a plain, firm weave, and came out looking as good as new. Rayon stays clean a long time, keeps its color, and--if a good quality--launders well. Rayon should always be washed in lukewarm water, in a suds made with pure soap. Hot water weakens it. Don't rub the rayon, but squeeze it repeatedly until it is clean. Rough fingernails or rings tear the wet fabric very easily. When it is clean, the rayon should be hung over a line, or in any other suitable place. Never use clothespins on it, and never use too hot an iron when pressing it.

One more question, and then the menu.

"Please tell me how to make dill pickles," requests a farmer's wife.

Dill pickles may be made in stone jars, clean water-tight kegs, or barrels. For a four-gallon jar proceed as follows: Place in the bottom of the jar a layer of dill and half an ounce of mixed spice. Fill the jar to within two or three inches of the top with washed cucumbers, as nearly the same size as possible. Add another half ounce of spice, and a layer of dill. Pour over the pickles a brine made as follows: Salt, 1 pound; vinegar 1 pint; water, 2 gallons. Cover with a board or plate, with enough weight on top to hold the cucumbers well below the brine. If the temperature is high enough (86 °F.) the cucumbers will be cured in about 2 weeks. Any scum which comes to the surface should be skimmed off. When completely fermented, the pickles should be protected against spoilage. They may be covered with a layer of paraffin, or they may be sealed in glass jars, or tin cans. In transferring them to glass jars, fill with fresh brine made as I have suggested, adding a small amount of dill and spice. The brine should be boiled, then cooled slightly before pouring over the pickles.

The U. S. Department of Agriculture bulletin, "Making Fermented Pickles," No. 1438, contains excellent directions for pickling vegetables in brine.

Pencils ready now, for the menu: Veal cutlet and gravy, stuffed eggplant, tart jelly, hot biscuits, sliced tomatoes and onions, and peach sauce.

Veal cutlet should be served well done, not rare like mature beef. When tender and of good quality it resembles chicken in flavor. Veal contains less fat and more connective tissue than many other meats, so it should be cooked slowly at moderate temperature, for a rather long time. Veal also lacks the pronounced flavor of beef, so it is usually seasoned a little more highly. The meat for cutlets should be cut about three-fourths of an inch thick. If cut any thinner it is likely to dry out in cooking. Remove any skin and cut the meat into pieces of convenient size for serving. Season with lemon and onion juice and Worcestershire sauce, if desired, before cooking. Dip in flour and then cook in shallow fat until a crust is formed on both sides. If the meat is tender, cover and cook slowly until done. If the meat is inclined to be tough, add hot water and simmer the meat slowly. A rich gravy will then be developed which is served with the meat at the last. Season with salt and pepper. Make a gravy by adding flour and hot

water to the fat, and pour it over the cutlet.

I believe you will like this recipe for stuffed eggplant, which is somewhat unusual because of the chopped peanuts. Here are the ingredients:

1 medium sized eggplant
1 pint finely cut cabbage
1/2 teaspoon salt
1 tablespoon butter
2 tablespoons chopped peanuts
1 cup fine bread crumbs

Cut the eggplant in half. Remove as much of the white portion as possible without breaking the shell. Cut in small pieces. Cook the cabbage and the eggplant in a small amount of water about 10 minutes. Drain, and mix the other ingredients with it. Fill the eggplant with the stuffing, place buttered crumbs on top. Pour around each half eggplant a little of the water in which the cabbage and eggplant were cooked. Bake in oven half an hour, or until a golden brown.

Hot biscuits are next on the bill-of-fare. I won't give you a biscuit recipe today, because I presume you have a reliable recipe of your own. I will give you a few hints, however, about biscuits. Be sure to add enough milk to form a soft dough. The recipe specialist in the Bureau of Home Economics does not use a rolling pin when she makes biscuits, but flattens the dough with the palm of her hand. She uses a biscuit cutter for mixing the flour and the fat. Cut as many biscuits as possible from the sheet of dough, so you wan't need to work it over. Bake the biscuits in a hot oven. Serve them immediately on a plate covered with a cloth or paper napkin. Arrange to have a second plateful of hot biscuits brought in during the meal, if possible.

Do you know that biscuits can be cooked on a small electric stove? Use two pans, to keep the family supplied. Put the biscuits in a pan, cover it, and place it on top of the stove. The biscuits will rise, and brown on the bottom. Then slip the pan underneath the red hot wires of the stove. The biscuits will be a delicate brown. By keeping two pans going, the family appetites will be satisfied with piping hot biscuits, and they won't have to be brought in from the kitchen.

Our salad today is sliced tomatoes, served plain, or with thin slices of onion. The dessert is peach sauce--canned, or made of fresh peaches.

To repeat the menu: Veal cutlet and gravy, stuffed eggplant, tart jelly, hot biscuits, sliced tomatoes and onions, and peach sauce.

Only one more menu this week -- and it is a special one for Sunday.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM HOUSEKEEPERS' CHAT RELEASE Friday, Oct. 15

Here it is Friday again. Friday reminds me of fish. And fish makes me think of the man who went to town to buy his wife's groceries for Friday.

"I want two tuna fish," said the man.

"Hey?" said the greengrocer. (He must have been a green grocer.)

"I want two tuna fish," repeated the man.

"Lookee here, young feller," said the grocer, "you'd better stick to pianos."

Do you know a fresh fish when you see one? I mean when you see one in the market. If it is fresh, the eyes will be full and bright, the gills bright red, the flesh firm, and the fish will have a fresh odor. Notice especially whether the flesh along the backbone smells fresh. The main blood vessel lies here, and the first signs of deterioration show up at this point. If your fish is scaled and skinned at the market, look it over again when you get home for scales, especially near the tail, fins, and head. If you're going to bake the fish, leave the head and tail on. Many people like to leave the head and tail on for broiled fish, too. Some day, when we have a fish dinner, I'll give you specific directions for cooking fish. It belongs in the same food group as meat. Fish, like meat, is a good source of "efficient" protein.

Today's menu is one which you can use Sunday, too. The main dish is chicken, not fish.

I have copies of five more menus and recipes ready for you now. Last week's rule still holds good. If you have listened in five days, you are entitled to this week's menus and recipes.

Next week I'm going to vary the programs. Instead of giving you a menu every day, I'll substitute some of the excellent recipes being worked out in the Bureau of Home Economics.

The first question is from a Virginia housekeeper. She has a problem in interior decorating.

"My living room has a blue figured rug, blue upholstery, and blue hangings," she writes. "The blues match nicely, but the room seems a little heavy and depressing. Is there any way to relieve it?"

Don't sink into despair over a room with blue furnishings. Place a vivid red-violet pillow and a yellow-green one on the davenport, or in chairs. Repeat the red-violet in a bowl, on the bookcase or mantle. Cover the lampshades with a luminous yellow-green, lined with orange. Brass candlesticks would be effective on each side of the red-violet bowl.

"Why do you stress the use of vegetables and fruits in the diet?" asks another listener.

Fruits and vegetables supply mineral matter, vitamins, and bulky material which helps prevent constipation. We can hardly be too generous with this group of foods. Fruits and vegetables should be used often, and in large quantities. They are valuable from an esthetic standpoint too. In what other foods do we get such a variety of texture, flavor, and color? At least 50 vegetables, and almost as many fruits, are grown in this country now. Surely enough to please all of us.

The next question is from a high school girl who lives on a farm. She is redecorating her bedroom, and wants to know how to paint old furniture.

First, remove the old varnish, with sandpaper or varnish remover. When the wood is smooth and clean, paint it. Apply two coats--more if necessary--of good quality paint. Allow each coat to dry thoroughly. After each coat is dry, rub it down with very fine sandpaper and a little oil. (Better get the advice of an expert painter for this step.) Last of all, apply a coat of enamel. This makes the surface smoother, more durable, and more easily cleaned.

Here is a request for directions for canning pickled beets. The Bureau of Home Economics recommends this recipe: (Read very slowly.) Select beets of uniform size. Cut off the stems. Allow at least one inch to remain on the beets so they won't bleed and lose color and sweetness. Wash them well. Cook in a covered pan until tender, in enough water to cover. For young beets, this takes about half an hour. When the beets are tender, plunge them into cold water, and remove the skins. When cool, cut in dice or thin slices. Fill the beets into jars. To each pint jar of beets add one-half teaspoon of salt. Fill up the jars with a mixture of vinegar and brown sugar, in equal proportions, by measure. This mixture should be heated to boiling, so the sugar will be thoroughly dissolved. If this is too sour, dilute the vinegar one-fourth with water. Process immediately containers of all sizes, for 30 minutes, in boiling water. Pickled beets, because of their high percentage of acid, may be processed in the water bath.

The U. S. Department of Agriculture has published a bulletin on "Canning Fruits and Vegetables at Home." Shall I send you this bulletin?

Should water be served at meal time? asks a Kansas housewife.

Of course it should--always. Water with meals used to be considered harmful, but we know better now. If anything, water drunk with meals aids digestion, provided it is not used to wash down food.

Two more questions, and then have your pencils ready for the Sunday dinner.

"Do you think it wise to use galvanized iron pails for cooking preserves, jellies, and so forth?"

I wouldn't use a galvanized iron utensil in cooking preserves, or jelly, or anything else. The zinc, which is used in galvanizing, is apt to dissolve. It gives the food an unpleasant taste, and may cause serious illness.

Last question: "Why do my waffles stick in my electric waffle iron? Should I grease it?"

Never grease an electric waffle iron. Perhaps your waffles stick because you haven't put enough melted butter, or other shortening, in the batter. One or two extra tablespoons of melted shortening may solve your problem. When the waffle is brown and crisp, and ready to take out of the iron, jab a fork firmly into it, and lift the waffle straight up.

At last--all the questions answered--and nothing to do but talk about our chicken dinner.

A Sunday dinner, with chicken as the main dish, and no carving to be done at the table. Doesn't that strike you as quite all right? For our menu this Sunday we shall have a chicken "en casserole," riced potatoes, baked cucumbers, lettuce or lettuce and tomato salad, and Peach Bavarian cream for dessert.

A casserole dinner is delicious, and easy to prepare. An earthenware or glass baking dish, with a close-fitting cover, is desirable, especially if you intend to bring the casserole to the table. If you don't have a regular casserole baking dish, a heavy enamel or aluminum saucepan, or even an iron pot with a tight cover can be used, if the chicken is served from a platter. A casserole saves dish-washing.

Chicken en casserole provides a good means of using up the surplus cockerels. Get a five-pound fowl, and cut it into pieces convenient for serving. Dust the pieces of chicken with flour, salt, and pepper. Brown them delicately in a small quantity of fat. As each piece is removed from the frying pan, place it in the casserole. Wash out the tasty particles of fat which cling to the frying pan, and put them around the chicken. Cover

the baking dish, and cook in a slow oven for 3 or 4 hours, or until the fowl is tender. Just before serving, remove the chicken, and add to the chicken juices a cup of milk which has been blended with 1 and 1/2 tablespoons of flour. Cook for 10 minutes. Pour this gravy over the chicken, or replace the chicken in the gravy, and serve from the casserole.

Cook the riced potatoes as I suggested last week.

Select three good-sized cucumbers. For the filling, use the following ingredients:

3/4 cup fine bread crumbs
3 tablespoons butter
1/4 teaspoon celery seed
1/2 teaspoon salt
1-1/2 teaspoons finely chopped parsley
3 rounding teaspoon celery
3 small fresh tomatoes, skinned
1-1/2 tablespoons chopped onion

Wash the cucumbers, and cut them in half, lengthwise. Remove the center, and as much of the white portion as possible without breaking the skin. Brown the onion in the fat, add the other ingredients, mixed with the cucumber, and cook five minutes, or until dry. Place the filling in the cucumber shells, and bake until the shells are soft.

Lettuce, or lettuce and tomato, salad is appetizing with this dinner, which is topped off with Peach Bavarian cream, a tempting dessert made of:

1 quart sliced peaches
1 cut sugar
1 pint whipping cream
1/2 box (or 1 envelope) of gelatin
1/2 cup cold water
1/4 teaspoon salt

Soak the gelatin in cold water. Whip the cream. Then mash the peaches with the sugar and rub them with the juice through a sieve. Place in a saucepan and simmer for five minutes. Remove from the fire and add the gelatin. Stir until the gelatin is dissolved. Chill the mixture, and when it begins to thicken stir in the whipped cream. Place in a wet mold, and when set, serve, garnished with plain or whipped cream.

Now we'll repeat Sunday's menu: Chicken en casserole, ricedpotatoes, baked cucumbers, lettuce or lettuce and tomato salad, and Peach Bavarian Cream.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Oct.19

Reserve

I am greatly disturbed today--really greatly disturbed. The morning paper says we grow to look like what we eat. And I have always been so fond of peanuts!

I like cheese, too--those fat, funny-looking cheeses full of holes. My grocer knows my weakness-he's always guiding me to the cheese counter.

Speaking of cheese, do the members of your family like Welsh rabbit? If they do, I wish you'd try a new cheese toast, and tell me what you think of it. It's a kind of glorified Welsh rabbit. I haven't made this cheese toast at home yet. I tasted a sample made at the Bureau of Home Economics. (It's a good idea to call on the Bureau folks when they're finishing an experiment on cheese toast, or Peach Dainty, or something like that. You may get invited into the kitchen. They're making pickles this month. The hall is filled with a tantalizing, spicy odor that makes one want to linger--right near the kitchen door.)

To get back to the cheese toast, it was so good that I asked the recipe specialist how she made it. She uses eggs, and baking powder. Want to write down the ingredients, in proper order? (Read slowly, or repeat.)

1 pound American cheese
1/2 pint rich milk, or cream
2 eggs
4 drops tabasco, or a few grains of cayenne papper
A little onion juice, if you like it.
1/2 teaspoon salt
1-1/2 teaspoons baking powder
2 tablespoons flour mixed with 2 tablespoons water

Flake the cheese with a fork. Heat the milk in a double boiler. Thicken it with the flour which has been mixed with the water. Cook for five minutes. Add the beaten eggs, the cheese, the pepper and the salt. Cook slowly, until the cheese has melted and the mixture is thick and creamy. Allow it to cool, then add the baking powder. The cheese mixture is then ready to spread on the toast.

Toast just one side of the bread. Spread the cheese mixture thickly on the untoasted side, to the very edge. If the cheese mixture doesn't come to the edges, they become brown, and hard. Brown the cheese delicately, under a low gas flame, or in the oven. The slow heat allows the cheese mixture to heat through before it browns, gives it a chance to become light, and keeps the cheese tender and soft. Too great heat makes the cheese tough and stringy. If you like place a strip of crisp bacon across each slice of cheese toast. Serve it hot from the oven. This recipe makes enough for 12 to 14 slices of bread. I intended to have it for Sunday night supper, the next time we have unexpected company, but talking about it makes me want it right away--tonight. Another meal problem solved. One good thing about this cheese toast is that it can be prepared-except for the baking powder--the day before it's to be used. The mixture stiffens, on standing, so heat it a few minutes, in a double boiler, before adding the baking powder. Then spread the cheese on the toast.

I have another good hunch for a Sunday night supper. Ever make "ginger pears," out of the hard pears that aren't much good for anything else? Combine ginger pears and cream cheese some time, in sandwiches, and try that on your family.

I persuaded the pickle specialist to tell me how she makes ginger pears. Her recipe calls for 8 pounds of pears, not too ripe, 4 pounds of sugar, five or six pieces of ginger root, varying in length from one to two inches, and two lemons. Wipe the pears, remove the stems, quarter, and core. Cut the pears into small pieces. (If you use small sugar pears, cut them in halves.) Add the sugar and the ginger. Let stand overnight. In the morning add the lemons cut in small pieces, rejecting the seeds, and cook until thick. Watch the mixture carefully, so it won't stick and scorch. Don't let it cook down so long that the rich amber color is lost. Remove the fruit, when it becomes clear. Then concentrate the juice. An asbestos mat, under the kettle, will keep the pears from sticking.

I try to keep a few jars of ginger pears during the winter. Another thing I keep on my "Company Shelf" is grape conserve. If you have boys and girls in high school or college, you know how they appreciate boxes from home. If these boxes contain some home-made "spreads," so much the better. Do you save the round cartons ice cream comes in? The pint boxes are just the right size for small glasses of jam, or marmalade, or conserve. Rinse the ice cream cartons with hot water, and let them dry. Next time you send Genevieve's laundry, put a glass of grape conserve in the corner of the laundry box, and see if Genevieve doesn't write home for more.

Grape conserve is easy to make. (Read slowly, or repeat.) I use three pounds of Concord grapes, two pounds of sugar, one cup of nut meats (English walnuts or pecans, chopped), one cup seeded raisins, and one orange cut fine. Skin the grapes. Stew them. Run them through a sieve. Add them to the skins. Then add the other ingredients, and cook until the mixture is thick. Grape conserve is likely to stick to the kettle, unless it's watched closely. Better use an asbestos mat, as you did for the ginger pears.

The first question today is from a housewife who wants to know what causes crystals to form in grape jelly, and what can be done to prevent their formation.

Tartaric acid, present in grape juice, tends to crystalize out in grape jelly. The best way to prevent this is to extract the grape juice, and allow it to stand overnight in an enamel or earthenware bowl. The crystals are very likely to form on the sides of the bowl. The juice can be strained off, and made into jelly, the next day. Juice from grapes which are just ripe, or a little under-ripe, may have fewer tartaric acid crystals than that from ripe grapes. Some homemakers prefer to bottle the juice, and make up jelly as it is wanted in the winter, a little at a time.

The second question is from a housewife in Missouri. "Please tell me how to raise a kitchen table, and don't tell me to use bricks. I've used bricks. They don't add anything to the beauty of the kitchen."

Very well, I won't even mention bricks. I don't care much for them, either, as a foundation for kitchen tables. I have a tall friend who made her worktable higher by using blocks of wood, with sockets in them. The table legs were fitted neatly into the wooden blocks. Here's another method of raising a table: Use

blocks of wood with metal strips attached to them. Screw or nail the table legs to the blocks, by means of the metal strips. I believe that as a rule our kitche tables and our sinks are too low, and then we wonder why, we have tired backs, and rounded shoulders.

The next request is from a farmer's wife who wants directions for making vinegar from winter apples. I'd like to give you the directions, here and now, but I think you'll be better satisfied with a copy of Farmers' Bulletin 1424, on "Making Vinegar in the Home and on the Farm." This bulletin has reliable directions for making vinegar from apples, peaches, grapes, and other fruits. I'm sending you a copy of the bulletin today.

"I have heard it said," writes a listener in Indiana, "that eating raw onions makes one sleepy. Is there any truth in this statement?"

I doubt it. There is nothing in onions, raw or cooked, which would make a person drawsy. If one feels that way after eating onions, it is probably because the meal was so good that he ate too much, and naturally he feels a little bit sleepy.

I wish those of you who tried the recipes the past two weeks would write me of your success. Which recipes did you like best? Tomorrow I'll give you another menu, and Friday I'll give you one for Sunday. Since so many of you are canning fruit this month, and making jellies, conserves, and so forth, I thought you'd be more interested in recipes than in menus, at least part of the time. Am I right?

A friend of mine who is making jelly this week says she numbers each lot of jelly glasses with a colored pencil. The numbers must be put on the glasses while they're hot, so the marks will show. If any lot of jelly needs to be cooked a little longer, the marks on the glasses show just which glasses belong in the lot. She pays particular attention to labels, too. Labels are very important on foods which look alike in a dark cellar--bottles of catsup and strained tomato juice, for instance. Date your labels, so last year's cans will be opened before this year's.

By the way, some of you have been writing for copies of a cookbook published by the Bureau of Home Economics. There is no such cookbook. The Bureau does have printed recipes, in a number of the bulletins, but not in book form.

Instead of giving you a menu today, I'm going to tell you how to make an old-time favorite--apple butter with cider. There is no better way to use good apples, and the sound portions of windfall, wormy, and bruised apples, than to make them into apple butter. Almost any apples will make good apple butter, but those of good cooking quality, with a rich tart flavor, are most satisfactory. Recent tests made by the United States Department of Agriculture show that summer apples make just as good butter as fall and winter varieties. Sometimes sweet apples are used with tart apples, the usual proportion being one-third of the sweet apples to two-thirds of the tart. If you must use overripe apples, add a little vinegar, to give snap to the butter.

Either fresh cider, or commercial sterilized cider, may be used. The usual proportion of peeled, sliced apples and cider is gallon fof gallon. From one-half to three-quarters of a gallon of cider, to a gallon of peeled and sliced apples, will give a rich butter, if the apples are good cookers.

Continue the cooking until the cider and apples do not separate, and the butter, when cold, is as thick as good applesauce. Determine the thickness, at frequent intervals, by cooling small portions.

If sugar is used, add it when the butter is about two-thirds done. About a pound of either white or brown sugar to a gallon of apple butter is the usual proportion. You may use more, or less, or none at all, to suit the taste. Apple butter is spiced according to taste, about half a teaspoonful each of ground cinnamon, cloves, and allspice being used for each gallon. These are stirred int it when the cooking is finished.

Vanilla extract, added after the spices are stirred in, adds to the snappiness of the butter. Use from 2 to 4 teaspoonfuls, per gallon of butter, according to taste.

That's all about apple butter for today. Let's see, did I caution you to be careful about stirring it? Don't let the butter scorch, and stick to the kettl Tomorrow, be ready for another menu to add to your cookbooks. And by the way, if you haven't already sent for your Aunt Sammy's radio cookbook, do it today. It contains all the recipes I have given so far-- and after we have your name will send you the other new ones each week on loose leaves that may be added to the loose leaf book we send you.

UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat. RELEASE Oct. 22.

Well, Queen Marie of Roumania hasn't called on me yet. But I haven't given up hope. When she receives her copy of the Radio Cookbook, including directions for making Peach Dainty, she may send me a copy of the king's favorite recipe. If she does, I'll tell you about it. I heard of a king once who ordered spareribs and sauerkraut to grace the royal board. What's that? You like spareribs and sauerkraut? So do I. Next week I'll see the recipe specialist at the Bureau of Home Economics, and find out how she cooks spareribs and sauerkraut.

She has promised me some up-to-date recipes for peanut brittle and popcorn balls next week. Yes, for Hallowe'en. Perhaps I can give you something extra colorful and attractive for Hallowe'en this year.

Speaking of color--ever think how much it has to do with the attractiveness of food? I have an artist friend who can't bear to see beets and carrots served at the same meal. The color combinations is too much for her sensitive soul.

There are many ways of making plain foods attractive, without using artificial color schemes or going to any extra work. For instance, salmon and green peas, or a slice of red tomato on a cottage cheese salad--don't you like the color scheme?

Let's mention a few of the simple ways of touching up dishes with bright colored foods.

First, there's parsley. A few sprigs of green parsley, or a little chopped parsley, add a delightful freshness to mashed, boiled, or riced potatoes, creamed meat and vegetable dishes, and croquettes.

Second, red radishes, with the skin peeled in strips, brighten up a colorless dish. A dash of paprika adds color, too. Ever use paprika with lemon? Slice the lemon and sprinkle the thin slices with paprika. Finely chopped parsley on slices of lemon is also an effective garnish.

Sweet dishes sometimes need only a touch of whipped cream, a preserved cherry, a strawberry, or other bright fruit to make them very attractive. Stiff jelly, cut in fancy shapes, is also a pretty decoration.

It's a great business--this business of planning meals. There are so many things to take into consideration. Let me read you something I saw in a magazine last week. Here it is: "We think of meal planning so much in terms of vitamins and minerals, protein and calories, that we forget it may also mean a skillful combination of flavors and textures by which the appetite is whetted and satisfied without danger of overeating."

To have attractive, pleasing meals, then, we must consider texture, flavor, and sometimes even color combinations. We are more likely to eat the foods our bodies need, if these foods please the tongue, the nose, and the eye. We should plan to have foods of different texture in our meals--some hard, some soft, some

crisp, some juicy. For example, we relish a crisp juicy apple with sandwiches and other soft foods; we like crackers with soft cheese.

We all have favorite combinations of food so far as flavor is concerned. In general, foods of delicate, distinctive flavor, like fresh green peas or spring chicken, should be used so that we can get the full benefit of the flavor. Such foods as cabbage and ham, which have pronounced flavors, can be served with milder flavored foods, such as potatoes.

The first question today is from a housewife who wants directions for cleaning walls, and linoleum covered floors. She says some one told her to clean the wallpaper with bread dough, and the results were nothing to brag about.

I've never used bread dough on walls, so I can't argue for or against it. I wipe my walls frequently with a broom, covered with a canton-flannel bag. A long-handled soft brush, or a lamb's wool brush, just for walls, would be even better. Use light, even, overlapping strokes, so you will remove the dirt, rather than rub it in. Rub soiled places over radiators, registers, and stoves lightly with cotton batting. Change the cotton when it becomes soiled. Wipe glazed wall paper with a cloth wrung out of warm, soapy water. Be careful to leave no moisture on the paper. It seeps in at the seams, and lossens the paper.

Floors covered with linoleum, oilcloth, or cork carpet are fairly easy to clean. Dust them with a dry mop or a covered broom. Sweep with a soft brush. Wash with a cloth wrung dry from soapy water. Dry thoroughly with a clean cloth. If you use too much water, it will get underneath the floor covering and gradually rot both the covering and the floor. Never use cleaning powders on linoleum.

The next request is for information on canning vegetables at home. Sorry, but it's too long to answer over the radio. I'm sending you a bulletin, "Canning Fruits and Vegetables at Home," which will answer your question and give you a great deal more information than you asked for.

We seem to be running to housecleaning today. A listener in Missouri wants a reliable method for cleaning woodwork. To clean painted woodwork, use a cloth well wrung out of light suds, made with neutral soap. Don't apply the soap directly to the wall--soap softens the paint, and dulls the finish.

I might add here a word of caution about cleaning enamel painted woodwork. Use hot water. Hot water dissolves the grease, frees the dirt, and doesn't hurt the glass. Soap dulls enamel paint.

"How can I get rid of cockroaches?" is the next question.

Cockroaches and waterbugs--they do add to the housekeeper's worries. Cockroaches are usually attracted by dampness, bits of food, and trash of all kind. Sprinkling sodium fluorid where these pests hide is one method of extermination. Another method (I'm giving you your money's worth this time) is to put daubs of phosphorus paste on the inside of small tubes of paper. This method is especially good because it keeps the poison away from children or household pets.

Now, before I give you the menu, and the recipe for Peach Dainty, how would you like to have a recipe for Chili Sauce? You may use small, imperfect, or crushed and broken tomatoes for this sauce. It's a good way of using up the last

of the ripe tomatoes. The ingredients are--Oh, do you have your pencils? I'll read slowly. The ingredients for Chili Sauce are:

4 quarts ripe tomatoes
4 green sweet peppers
4 tablespoons brown sugar
1 hot pepper
4 onions
1 tablespoon ginger
2 tablespoons salt
1 teaspoon cinnamon
1/2 teaspoon nutmeg

Chop the vegetables, add the other ingredients, and cook until tender. Add 2 cups vinegar, boil five minutes, and seal. If you don't like this combination of spices, try 1 tablespoon celery seed and 2 tablespoons mustard seed instead.

Now we are ready for the menu. I told you it would be good enough for Sunday dinner. In my recipes, I usually give you proportions for a family of five. So if you expect Uncle Charles and Aunt Elizabeth over for Sunday dinner, you'd better add more to my recipes.

The menu for Sunday is Veal Pie; Harvard Beets; String Beans; Fresh or Canned; Crisp Lettuce Salad; and Peach Dainty.

As you probably know--still, there may be some young housewife who doesn't know--veal is the meat from calves. It contains less fat than beef, so salt pork or fat bacon is often added to it. Veal contains a large proportion of connective tissue. Consequently, it should be cooked longer and more slowly than beef.

For the veal pie, select a piece of veal and cut it into small pieces.

Besides the meat, you will want these ingredients:

An onion or two, sliced
Raw celery, chopped fine
Potatoes, cut into small cubes
Some green vegetable if possible; for instance,
a few lima beans, or some sliced green pepper,
or okra
Boiling water
Flour
Salt and pepper

Sear the meat on all sides in a hot skillet with the sliced onion and chopped celery. Then place in a saucepan with the patatoes and other vegetable. Add the boiling water, not quite covering the mixture. Simmer for about 25 minutes or until the meat is tender. Season with salt and pepper. Thicken the liquid slightly with a little flour. Line the sides of a deep baking dish with a thin layer of rich biscuit dough. Pour the meat and vegetable mixture into the dish. Cover with a thick layer of the biscuit dough. Cut a slit in the top crust so the steam can escape. Bake in a hot oven until the biscuit dough is delicately brown and crisp. Carrots, peas, string beans, and many other vegetables are good

in a veal pie. It's the very place, in fect, to use up the left-overs. The point is to have the meat-vegetable mixture savory to the taste and with a touch of bright color to please the eye.

For the Harvard beets, wash 6 medium-sized beets, cook them in boiling water until tender, remove the skins, and cut the beets into thin slices or cubes. Mix 1/2 cup sugar and 1/2 tablespoon cornstarch (cornstarch makes a much clearer sauce than flour). Add half a cup of vinegar and let the sauce boil for 5 minutes. Stir the sauce constantly. Just as you take the sauce from the fire, add 2 tablespoons of butter. Pour the sauce over the beets. Let them stand on the back of the stove for a few minutes so that the beets may absorb the sweet-sour flavor of the sauce.

Next, Peach Dainty. Seems to me I've mentioned this dessert before. Really it's worth mentioning several times. Try it, and see. To make peach dainty you will need:

1 quart sliced peaches
1 cup sugar
2 egg yolks
2 tablespoons butter
1 pint whipping cream
A few grains of salt

Cream the sugar, butter, and yolks together. Add the whipped cream and sliced peaches. Serve over angel or sponge cake.

Shall we check the menu? Veal pie; Harvard beets; string beans, fresh or canned; lettuce salad; and Peach Dainty.

If you have listened-in all week, you are entitled to this week's menus and recipes. Just write station_____for Aunt Sammy's Radio recipes. Your request will soon reach me at Washington and I'll send you all recipes and menus already mentioned this fall. Then from week to week you will receive additional ones, or loose leaves, which may be added to the book. And while you're writing be sure and tell me how you like the chats and ask a good question or two. Let me know what you think of them.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM HOUSEKEEPERS' CHAT RELEASE Oct. 25

ANNOUNCER'S ATTENTION: In making your introduction, please use the name of Aunt Sammy, and make it clear to your audience that this program material has been approved by the U. S. Department of Agriculture. Aunt Sammy will be glad to answer practical questions, of general interest, on household problems.

* * *

Do you remember what I promised you for this week? Yes; a recipe for spareribs and sauerkraut. I made that promise in good faith, too. Now it seems I'll have to take it back. Saturday morning I visited the Bureau of Home Economics. "Aunt Sammy," said the lady who gives me recipes, "I saw some fresh sauerkraut in the market this morning. It made me think of you."

(Not very flattering, but that's what I get for talking about food so much of the time.)

"Speaking of sauerkraut," said I, "do you know an intriguing way to cook spareribs and sauerkraut?"

"Certainly, but I wouldn't serve it this month. It simply isn't done--not in my part of the country."

I told the Recipe Specialist what I promised you last week, but even that didn't move her. So we compromised: I postponed the sauerkraut and spareribs till next month, in exchange for a delectable recipe for fried apples and bacon. Most everyone knows how to fry apples, but how many people peel them, and cut them in cubes, and serve them with crisp bacon? I thought you'd be interested! Everybody have pencils and paper? Here's the recipe, just the way it was told to me: (Read slowly).

Select good, tart apples. Peel them. Cut them in three-fourths to one-inch cubes. Fry the bacon in a heavy skillet. As soon as the slices of bacon are crisp, remove, and drain them on clean brown paper. For frying the apples, you will need about one-fourth cup of the bacon fat. Put the apples in the hot bacon fat. Pile them up rather high, in the frying pan. Sugar to taste. Be sure you use enough sugar-- apples fried this way require a little more sugar than common, ordinary fried apples. Cover the apples. Cook slowly until tender. Then remove the cover, and turn the apples gently, so the pieces will keep their shape. Let them brown lightly. They are than almost transparent. Place them in a hot platter; surround them with crisp bacon. You may think the sugar and the bacon fat won't be good togther--try them, and see! They make a sort of a syrup, with a delicious flavor. If you don't especially want the bacon, you can use some left-over bacon fat. The apples will be just as good.

I got another recipe, too, from the Bureau of Home Economics last Saturday. As soon as I answer a few of these questions, I'll tell you about it. It's very good for these cool days.

Question No. 1: "How can I keep tomato catsup from spoiling?"

Your tomato catsup should not spoil if you boil it down to a desirable concentration, pour it into hot sterilized bottles, cork tightly, and seal it immediately, with sealing wax. Clean bottles may be sterilized by boiling in water for five minutes. Care should be taken that the bottles do not rest against the bottom of the pan, lest they crack from the intense heat. They can, of course, be placed in a wire or perforated rack, or raised by placing wooden lathes or some other improvised rack on the bottom.

Question 2 is from a high school girl who wants to know how she can dry a woolen sweater so it will keep its shape.

Spread the sweater, back side down, with sleeves outstretched, on several thicknesses of clean, soft material, laid flat. Measure the sweater, and shape it according to dimensions taken before it was wet. Pin in place if necessary. Turn the sweater occasionally after it is almost dry. I might add here that all wool materials should be dried in a warm place, but not near a fire, or in direct sunlight. Never allow woolen garments to freeze. I'm sending you a copy of Farmers' Bulletin No. 1497, "Methods and Equipment for Home Laundering," which gives the latest up-to-date information on washing clothes.

Question No. 3 is from a housekeeper who asks how to get rid of mice, which are coming in now from fields and gardens.

First, be sure that all openings through which mice may enter the house, are closed or screened. Fill up the holes with a mixture of cement, sand, and broken glass or crockery. Or cover the holes with a sheet of metal. If the house is badly infested, set traps in several places at the same time. Mice, and also rats, may be poisoned, but poisons are better for barns, poultry houses, and so forth, than houses. The poisons used are extremely dangerous, and must be kept away from children and household pets. If poison must be used, barium carbonate is effective. One way to use it is to mix one teaspoon of barium carbonate with 8 teaspoons of rolled oats. Add enough water to make a stiff paste. Place this poisoned bait where rats and mice are known to run, using a teaspoon in a place. The poison may also be placed on fish, bread and butter, or moistened toast, and placed in the runs.

The next question is about the popular carrot--now scoring such a huge success in the vegetable version of "Curly Locks." As soon as he became famous, Charlie Carrot was interviewed for one of the leading metropolitan journals. "I owe my success," said Mr. Carrot, "to the fact that I make people beautiful. Some of my friends have even been kind enough to say that I can make straight hair curl, but modesty forbids me making such a statement. I might say, however, that I am the source of at least three vitamins--A, B, and C. Vitamin A is found in me whether I'm cooked or raw. Vitamin B is soluble in water--that's why people who know their vegetables use the water I'm cooked in. Vitamin C is not only soluble in water, but is also easily destroyed by meat. Cook me too long, in an open vessel, and I may lose my Vitamin C. But cut me up fine, and cook me by a short process, and I'm a good source of Vitamin C, as well as A and B. I'm a great favorite with the 'kiddies', too," said Mr. Carrot, sticking his thumbs in his reddish-orange waistcoat, in the latest interview style. "As my secretary may have told you, I'm rich in mineral matter--especially calcium, which is essential in the

building of bone structure. What I mean is, to put it bluntly, some of you Americans need more calcium than you get in your daily diets. "Cook me in milk," said Mr. Carrot, "and you'll have a calcium-rich combination that is hard to beat, for growing children. Summarizing my good points, I'm good for both children and grown-ups, for I furnish bulk to promote intestinal hygiene, minerals to regulate the body processes, building material for good teeth and bones, and vitamins for normal growth, and the promotion of health and vigor. You may tell my public for me," said the versatile Mr. Carrot, tipping his green hat rakishly over one eye, "that those who eat carrots may expect to become more beautiful, by the attainment of a more peffect state of physical fitness."

And with that, he skips out of the program for today.

Let's see-where were we? Oh yes--Question 5: "How should woolen blankets be dried?"

After the blanket is washed, place it over a line, with a half or a fourth on one side. Squeeze the ends occasionally to remove excess water. When the blanket is dry, brush it well with a clean, stiff, whisk broom. This raises the nap. The laundry bulletin, which I mentioned before, tells how to wash blankets.

The last request is for a waffle recipe. Not a bad idea, that, these chilly mornings. Do you have pencils and paper, so you can take it down?" The ingredients for waffles are: (Read slowly)

1 1/2 cups milk
2 cups sifted soft-wheat flour
3 tablespoons fat
1 to 2 eggs
3 teaspoons baking powder
1 1/2 tablespoons sugar
3/4 teaspoon salt

In mixing, fold the beaten white of egg into the batter after all the other ingredients have been added. Have the waffle iron hot enough to brown the waffle quickly and well greased, unless it is the electrically heated aluminum kind. In that case add an extra tablespoon of melted shortening to the batter.

Now we're ready for the prize recipe, the one I persuaded the Bureau of Home Economics to give me. Squash pie--and if you'd rather have pumpkin pie, all you have to do is substitute pumpkin for squash. If you keep a coal or wood fire in the kitchen for other purposes, it's well to cook squash a long time. Develops the flavor. But it may not be economical to run a gas stove for an extra two hours, just for the sake of flavor, even though only a low flame is needed. The Bureau of Home Economics found that when squash or pumpkin used for pie filling is cooked four hours, it develops a better flavor than when cooked only two hours.

This recipe can be used for either squash or pumpkin pie. It has been

thoroughly tested in the laboratory kitchen. The ingredients for Squash pie are:

1 1/2 cups squash, thoroughly cooked (canned squash may be used)
1 cup milk
1/2 cup sugar
1 teaspoon cinnamon
1/2 teaspoon salt
1/2 teaspoon allspice
1/4 teaspoon mace
2 eggs
1 tablespoon butter

Put all the ingredients, excepting the eggs and the butter, in the double boiler. Bring to the scalding point. Beat the eggs well; add them to the hot mixture. Stir until it starts to thicken. Add the butter. Bake the empty crust to a very light brown. Pour the hot filling into the pre-baked crust without removing it from the oven. Bake the whole pie in a moderately hot oven until the filling sets.

Before I conclude the program, I want to remind you of the cookbooks Uncle Sam is preparing for you. The cookbooks are in loose-leaf form, and have the first three weeks' menus and recipes in them already. Extra pages will be sent from time to time. The cookbook cover, and the pages, are punched. All you need is a couple of notebook rings, and presto! you have a permanent cookbook. At the end of the year, when everybody has received all the recipes and menus, I'm going to send out indexes for the book. Then it will be complete.

I can't help feeling elated about the way requests for the cookbook are coming in. A gentleman from Arizona has asked me for four copies--one for his wife, one for his mother-in-law, one for his sister, and one for himself. I can't imagine what he wants one for, unless it's to check up on the feminine members of his household. Please--all of you--let me know what you think of the recipes.

Another menu tomorrow. There'll be something special for Hallowe'en too, before the week is over. Don't think I've forgotten about the spareribs and sauerkraut. I'll go back to the Bureau of Home Economics some time when winter winds are blowing chill, and the snow is flying, and I know I'll get that recipe!

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Reserve

PROGRAM HOUSEKEEPERS' CHAT RELEASE Oct. 26

I had a sewing party at my home yesterday afternoon. An informal party, with five neighbors as my guests. They brought their sewing, and while we sewed, we talked. I like sewing parties-they're so much more satisfactory than bridge.

I never could talk and play bridge at the same time--and it's always the bridge that suffers. Whenever I play bridge, some one in the crowd is sure to mention a new sandwich filling, or an irresistible tea cake. Then I forget who played last, and whether hearts or spades are trumps, and my partner treats me with dignified and frigid reserve the rest of the evening. Just as if I'd lost the game on purpose!

But a sewing party is different. After you find out what the Wembleys named the twins, and how much the Joneses paid for their new car, you can settle down to business and exchange ideas. We had a regular experience meeting yesterday.

Mrs. Jane had done her shopping in the morning. She was quite set up over her latest purchase--a self-wringing floor mop, which saves wear and tear on the hands. I think she said the mop cost her a dollar and a quarter-anyhow, it was quite reasonable. She had also bought a combination grater and vegetable slicer, and an egg slicer. The egg slicer cost 10 or 15 cents. It cuts the eggs in neat, uniform slices--makes them look very attractive when used as garnishes.

The other ladies, not to be outdone by Mrs. Jane, were soon listing their favorite kitchen pets. Mrs. Rose vowed she couldn't get along without two glass measuring cups, one cup for measuring dry ingredients, and one for wet ingredients. She wouldn't think of keeping house without a small brush, for greasing baking pans.

"The handiest article in my kitchen," Mary Alice told us, "is a pair of scissors. They stay in the kitchen, too, and I always know where to find them. I use scissors for shredding lettuce, cutting string beans, cutting out grapefruit, cores, and so forth. Other kitchen favorites of mine are a set of aluminum measuring spoons, a milk-bottle opening, and a small egg beater. The egg beater is small enough to fit into a cup, and comes in handy when I want to beat up just one egg, or a small amount of cream. I have a spatula, too, and a pair of tongs. The tongs keep my arms from being burned when I take baked potatoes from the oven."

Mrs. Smith had discovered a way of converting her teakettle into a double boiler, by using a small pan which fits into the top of the teakettle. She has a long-handled dust pan, too, which saves stooping.

I couldn't let my guests get ahead of me, so I mentioned my grapefruit knife of stainless steel. I use the knife when preparing oranges, too, and other acid fruits.

I was learning so many helpful hints from my guests, that I finally asked each of them to contribute at least one practical bit of information for today's program.

They objected at first-said they were only ordinaryhousekeepers, and didn't know as much as the specialists in the Bureau of Home Economics. But I insisted, and before long our Homemakers' Round Table had turned out some valuable information.

Mrs. Jane had a new recipe, for a short method of cooking cabbage. "Five-Minute Cabbage," she calls it. I wrote it down, because I want to add to it to the Radio Cookbooks. If you have your pencils ready, I'll give you the recipe for "Five-Minute Cabbage." (Read slowly).

Shred the cabbage up finely. Cook it just about two minutes in hot milk-half as much milk as you have cabbage. Then for each quart of cabbage add a cup of cream or rich milk, with two tablespoons of butter blended with two tablespoons of flour. Season with salt and pepper, cover, and boil just three or four minutes. The result is a crisp vegetable, delicate and delicious.

Mrs. Jane's Five-Minute Cabbage is the best recipe I've heard of for cooking cabbage, without destroying the vitamins.

Mary Alice said she couldn't add a thing to our round table. She doesn't do much cooking, and besides, she'd spent the morning chasing fleas, and was too disgusted to talk about practical information.

"Fleas!" we said, with one voice. "Where did you get fleas?"

"It was this way," explained Mary Alice. "Johnny's teacher has impressed on him the fact that he must be kind to animals. Yesterday afternoon, while I was gone, he found a sorry-looking mongrel pup. From what I could gather, Johnny invited the dog into the living room, and showed him a pleasant time. I wouldn't say that the dog had all the fleas now extant, but he had more than his share".

"What did you do with the room that was infested with the fleas?" I asked Mary Alice.

"I took the rugs outdoors, cleaned them, and sprayed them with benzine. Gasoline would have done just as well. I was very careful, of course, since benzine, like gasoline, is inflammable. Then I washed the floor--which is painted--with soapsuds. I was especially careful about the cracks between the boards, and along the baseboards. I sprayed the floor with benzine. I could have used

gasoline. Since I had the rugs out, I decided I might as well give them a thorough cleaning."

"I didn't see your rugs on the line," remarked Mrs. Jane.

"No, I don't hang my rugs on the line, or shake them by the corners. I'm afraid such practices may break the threads, or loosen the bindings, and then the ends will ravel. Yesterday I spread the rugs on the dry grass in the backyard, right side down. Then I beat them with a flat carpet beater, swept them, turned them over, and swept them again. Since I had the rugs out, I decidd I might as well clean the woodwork in the room. It's varnished, you know. I cleaned it with an oiled cloth. Around the doorknobs, where the woodwork was rather dingy, I washed it with a cloth well wrung out of a light suds, made with a neutral soap. Finally, to revive the 'finish', I rubbed the woodwork with a cloth, sprinkled with linseed oil, since I was out of furniture polish."

"What became of the dog?" asked Mrs. Jane.

"Oh, Johnny's still being kind to it. He bought some stock dip and got rid of the fleas. I don't mind dogs, but I detest fleas!"

"While we're talking about my house," continued May Alice, "Remember my sitting room? It's small, with a dark blue wainscoting three-fourths of the way up, and white wall and ceiling above. The furniture is dark, and I have two brown wicker chairs. My problem was to select curtains for the room. I knew, when we moved into the house, that dark blue should never be used fof the walls of a small room, but I couldn't change the color of the walls right then. So I made curtains of theatrical guaze, with bands of cretonne on it. I got fairly gay cretonne, but of good conventional design, with deep, rich colors. There's a valance of the cretonne across the top. The curtains aren't so glaring as white curtains would be, and they allow the greatest amount of light to enter. I didn't use overdraperies. I could not find anything that looked well with the dark blue walls and the white ceiling. Besides, overdraperies whould have cut out too much light."

Next week the sewing club is going to meet at Mary Alice's house, so we can see her new curtains.

Mrs. Smith, who is sending three youngsters to school this winter, said she couldn't add much to our symposium.

"I don't know anything new," she insisted. "I'm not clever at fixing over rooms. All I can do is cook, and only simple things at that."

"Just what we want," I explained, "You might tell us what you had for dinner last night. If it sounds good, I'll broadcast the menu."

Mrs. Smith told us then that she had a lamb stew with vegetables, boiled flaky rice, and a salad quickly made from lettuce and mayonnaise dressing combined with chile sauce. Chocolate pie was the dessert. Here is how she made the lamb stew, and made it now just ordinary lamb stew but one that looked attractive, and tasted different. I will give you the ingredients first. Ready to write them down? (Read slowly)

2 pounds of lamb
2 tablespoons fat
3 cups diced rutabaga turnips
1/2 cup sliced onions
A green pepper, chopped
Salt and pepper

Wipe the meat with a damp cloth, cut into small pieces, brown the sliced onion in the hot fat, roll the meat in flour, then brown it in the hot fat. Be careful though not to scorch it, or you will spoil the delicate flavor. Then put the browned meat and onion in a kettle, rinse the frying pan with water, and pour this liquid over the meat and onion. Add enough more water to make about a quart and ahalf in all. Then simmer the meat (simmer, mind you, not boil) for about 1 hour, then add the diced turnips, chopped green pepper, and the seasoning. Cook for 20 to 30 minutes longer. If the stew is not thick enough, mix together a little flour in cold water, stir this in, and continue stirring for about 5 minutes. The stew is likely to stick to the kettle and scorch after the thickening is added.

"I chose rutabaga turnips for my stew," added Mrs. Smith, "because they are such a pretty yellow color. Rutabaga turnips are said to be especially rich in vitamins, too."

"I asked Mrs. Smith to tell me how she made chocolate pie, but she insisted that everybody has a recipe for chocolate pie. I hope she is right. Perhaps I can persuade her to give it another time. To repeat the menu: Lam stew, boiled flaky rice, lettuce salad with a tart, spicy dressing, and chocolate pie. If you listened in all week you may have copies of these menus and recipes to add to your radio cookbook. And don't forget to tell me what you think of the recipes.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM HOUSEKEEPERS' CHAT RELEASE Oct. 27

Let's pretend we're visiting the Bureau of Plant Industry this morning, for about five minutes. A lady in Missouri has asked me four questions, about houseplants, which I can't answer myself, Here we are --this big white building on the east. Come right in, and meet the plant specialist of the U. S. Department of Agriculture. Yes, he looks as if he knew considerable about houseplants. We'll see if he can answer her questions.

First, she wants to know why her rosebush, which is several years old, and thrifty-looking, doesn't bloom. The plant specialist says the rose bush is probably a stock or root on which a special variety has been budded. For some reason the top has died, and the growth has come from the root. He suggests that you destroy the plant, and set a standard variety in its place.

Question Number 2: "Is it all right to water plants with city water which has been treated with chemicals?"

Not desirable, says the plant specialist. Well water is all right, providing the water is suitable for household use. But rainwater is more desirable.

Question Number 3: "How should I protect a Baby Rambler rose this winter?"

Here's the answer: Baby Rambler roses should have earth thrown up about them to the height of about a foot or more. It would be desirable to cut off the tops to within six or eight inches of the soil. If evergreen boughs, brush, or straw is available, this might be thrown loosely over the tops in mounds or ridges.

Fourth question: "Should peony roots be taken up before cold weather?"

Answer: Not necessarily. Peony roots will stand the cold weather in any part of the United States. If you are going to transplant some roots, do it as soon as possible.

That finishes the questions of the lady from Missouri. While we're here, I might as well ask a question that's been bothering me: "How can I tell when houseplants should be re-potted?"

"House-plants should be re-potted about once a year," says the plant specialist, "or as often as they become pot-bound. Loosen the ball of earth from the pot, by jarring on the edge. If the ball has become completely filled with roots, it should be re-potted."

"What kind of soil should I use, in re-potting house plants?"

"Use a soil consisting of equal parts of rotted manure, clay loam, and sand," says the plant specialist.

If any of you want more information about house-plants, send your questions to me, and we'll visit the bureau of Plant Industry again. The rest of the questions are the kind I can answer, with the help of the Bureau of Home Economics.

Question No. 1: Why have you been telling us that vegetables, especially the green-leaf kins, should be cooked for only a short time, and in little or no water?"

Because short, quick cooking of vegetables conserves their vitamins. Cooking in little or no water helps to save the minerals needed by the body. When vegetables are cooked in a great deal of water, these minerals are dissolved in the water, which is often thrown away.

Question No. 2: "You told us the other day that the body uses starch as fuel, to keep the body warm, and to provide it with energy. Will you please tell us what foods are particularly rich in starch?"

Bread, breakfast cereals, rice, macaroni, some of our seed vegetables, such as peas, lima beans, corn, and of course potatoes and sweet potatoes. Cakes and all puddings and pudding sauces that contain a large proportion of flour for thickening are also starchy foods.

The next question is right in line with our starch question: "Do cereals for children need to be cooked several hours?"

Cereals for children, as well as for grown-ups, need be cooked only until the grains, or whatever form the cereal is in, are soft and palatable. Starch, which is one of the chief food materials in cereals, doesn't taste good unless it is thoroughly cooked. Raw starch used to be considered very indigestible. That led to the idea that cereals, especially for children and persons of delicate digestion, should be cooked a long time. Many of the package breakfast cereals now on the market have been pre-cooked, wholly or partly. All some of them need is brief cooking in the double boiler.

Qestion four is from a housewife in Utah. "If a cake recipe calls for a number of eggs, can I substitute baking powder and milk, for one or two of the eggs? If so, how much?" she asks.

Two tablespoons of milk, and 1/2 teaspoon of baking powder, can be used as the equivalent of one egg, in some cake recipes. When eggs are scarce, sponge cakes can be changed this way so as not to use so many eggs.

The next three questions are about milk, which is important enough to warrant three questions, all in one day.

"At what temperature should milk be kept?" is the first question.

Milk should be kept at or below 50 degrees Fahrenheit. If held at a temperature above 50 degrees Fahrenheit, the growth of spoilage organisms soon produces changes which render the milk unfit to be used as food, especially in the case of children.

Question 2: "Is buttermilk as nutritious as sweet milk?"

Buttermilk has about the same value as skim milk. Its food value may be increased by adding cream. With the addition of cream, buttermilk contains all the original constitutents of whole milk. The casein of buttermilk is often more easily digested than that of sweet milk.

Third question: "Is it true that cream is hard to digest?"

Ordinarily, cream is one of the most easily and thoroughly digested of the common fat foods. Like any other concentrated fat, it may cause disturbance if eaten in overlarge quantities.

Most of the questions were about food today. I have one other question, about food, but since it's a request for a recipe, I'll leave it till the last. I think it's one you will all want to take down.

Here's a question from a Washington housekeeper. She wants to know what to do for an upholstered chair, which left out in the rain, and has a musty, mildewed odor.

A standard method used by commercial cleaners in cleaning upholstered furniture is to first remove the dirt thoroughly, either by beating, or using a vacuum cleaner. Then they go over the upholstery very carefully, with carbon tetracholoride, or gasoline. A soft cloth, or brush, is used for this purpose. However, the Bureau of Home Economics doesn't encourage the use of gasoline for home cleaning, because of the danger from fire. Carbon tetrachloride is not inflammable. In most cases it is just as effective as gasoline in stain removal.

Another question, from the same listener: "What can I use to brighten an uphostered sofa cover, which is dimmed with dust from storage?"

If you are sure the material won't fade, a dilute, neutral, lukewarm soap solution may be applied to the upholstery. Allow this to dry on. It often produces a lustrous effect on cotton materials. I'm sending you a copy of Farmers' Bulletin 1180, "Housecleaning Made Easier," which may give you some other suggestions.

Next question: Please tell me how to remove fruit stains from a white table cloth.

The Bureau of Home Economics gives this method of removing fresh fruit stains from white, or from fast-colored washable material: Stretch the stained material over a bowl or other vessel, hold it by a string or an elastic band, if necessary, and pour boiling water upon it from a teakettle held at a height of 3 or 4 feet, so that the water strikes the stain with some force. With some stains, especially those in which fruit pulp is present, a little rubbing, alternated with applications of boiling water, is helpful. A stain remaining after this treatment can often be bleached out by hanging the wet material in the sun to dry. If there is still a stain, after the boiling water treatment, moisten the stain with lemon juice and expose it to the bright sunlight.

A listener from Arkansas, who says she is chief cook for six people, wants a good rice-and-vegetable combination. The vegetables she has available now are tomatoes, onions, and green peppers. In a case of this kind, we'll make the recipe fit the vegetables. I'm glad you mentioned rice -- it's nutritious, and easily digested. Comparatively inexpensive, too. I'm sending the Arkansas homekeeper a copy of the bulletin, "Rice as Food," which has some excellent suggestions for using rice in desserts, salads, cakes, soups, and baked and stewed dishes.

Now we're ready for the recipe, which is called "Spanish Rice." For this dish, you will need: (Read slowly)

3 medium sized onions
1/2 cup drippings
1/2 cup uncooked rice
3 cups fresh or canned tomatoes
3 green peppers cut into strips
2 tablespoons salt

Slice the onions and cook until tender and slightly brown in the melted fat. Remove them from the fat, add the rice, which has been carefully washed and dried, and brown it. Then add the cooked onions, the tomatoes, the green peppers, and the salt. Turn the mixture into a baking dish, and bake it until the rice and the peppers are tender. This makes six or eight servings.

I'm going to add this recipe to the Radio Cookbooks. If you have not received your copy of the Radio Cookbook, which contains all the recipes and menus which I have been broadcasting since the fourth of October, write to Radio Station _____ , and a copy of the book will be sent to you.

Tomorrow there will be another menu, including Mock Duck, and a delicious recipe for candied sweet potatoes.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM HOUSEKEEPERS' CHAT RELEASE Oct. 28

I'd like to write a movie plot
For which the crowds would clamor,
Of love, and hate,
And "webs of fate" --
A good old mellerdrammer.

"There, I'm glad that's off my mind," announced my Next-Door Neighbor. "It takes lots of effort to write that kind of a poem."

"I should think it would", I agree, "And nerve, too. What are you going into the movie business for, anyhow? And why do you want to write a melodrama?"

"Because," explained my finicky Next-Door Neighbor. "Because I want to make Cousin Mehitabel Green the villain. Have you ever watched Cousin Mehitabel Green make a bed? Oh, it's terrible! The bed is made with one fell swoop. Her children always get out on the wrong side, because there isn't any right side No wonder they're cross and peevish all day! It's outrageous! Aunt Sammy, will you do me a favor? Will you please broadcast the correct way to make a bed? Cousin Mehitable Green might be listening. Please, for the sake of those poor children, who sleep, night in and night out, on sheets as rough as washboards!"

"But look here," I protested, "I'm sorry for the children, and all that, but what's so difficult about making a bed? Just so it's comfortable, and neat, and --"

"That's the point!" exclaimed my Next-Door Neighbor. "Go on, andtell cousin Mehitabel Green just how to make a bed."

(I hope you women won't mind if I take about one minute to tell cousin Mehitabel how to make a bed. You see how it is -- I can't very well refuse).

The first thing you want to do, Cousin Mehitable, is to straighten the mattress pad so that it lies smooth, and without wrinkles. Over this, spread the under sheet, right side up, with the hem at the head, the center of the sheet, on the center of the bed. Remember that the comfort of a bed depends in a large measure on tucking in the under sheet so securely that it remains smooth and straight. Making mitered corners is one of the best ways of doing this. Anyone who has had nurses' training can show you how to make mitered corners, Cousin Mehitabel. Next, put on the upper sheet, right side down. Don't forget to allow for a generous turnover at the head. Tuck the sheet in at the foot, using mitered corners again. (Sheets should be from 24 to 36 inches wider and longer than the mattress, so the ends and sides can be tucked in, and the top of the

Upper sheet turned down to protect the blankets.) Put on the blankets so that their top edge comes about nine inches below the head of the bed. Turn the upper sheet back, and tuck in all the edges. Last of all, put on the spread, draw it smooth and straight, and arrange the pillows. What's that? Of course it takes more time than just spreading the covers back on the bed, but think how much more rested one feels, after sleeping in a comfortable bed.

There's another thing I might mention, too. When you get up in the mornings, be sure that your window is opened, and your bedding pulled apart, so that both covers and mattress will air thoroughly.

There, I've done at least one good deed today. I hated to think of those poor children, who spend more than one-third of every 24 hours in bed, sleeping on wrinkled sheets. I hope Cousin Mehitabel has bedsprings that don't sag in the middle, and good comfortable mattresses. I wonder if she knows that a slip-on cover, of unbleached muslin, is excellent for keeping the mattress clean.

I won't spend any more time on her today, however. I must answer these questions, and tell you what to have for dinner. (It's a good dinner-- Muck duck, and candied sweet potatoes, and--well, you'll know the rest in a few minutes.)

We're launching into the subject of meat today. A listener from the east asks just what is meant by "Hamburger style" steak. She also wants to know whether it is better to buy "chopped" meat already chopped, or to have it chopped in her presence.

A meat specialist told me something about meat yesterday. Hamburger style steak, he says, is chopped, by hand or by machine, before cooking. It is usually cut from less tender parts of the beef carcass. For instance, the round of some carcasses is inclinded to be tough, though excellent in flavor. Also, the round is not marbled with fat or, in other words, has no fat scattered through it as have the porterhouse and the sirloin. When beef round is chopped some sweet flavored suet can be added to it. When cooked, these particles of fat, well mixed with the lean, help to keep the meat juicy. Chopped round steak may therefore be more tender and more juicy than the same meat cooked as flat steak.

Now, as to the second part of the question. If you are a critical housewife, and most of us are, where food is concerned, you'll want to buy your meat, and have it ground by the butcher, in your presence. Then you'll be sure you are not getting just any kind of "chopped" lean meat that isn't particularly useable in other ways. A little veal or pork, added to well flavored and tender "round" cuts, makes a chopped meat that is palatable and easy to cook.

Two more questions, before we get to the menu:

First: "what varieties of apples are best for making pies?"

It's hard to say what varieties of apples are best for making pies, as this varies with locality and season of the year. For pies, you will want a mediam tart apple that cooks easily. Grimes golden, Gravenstein, and Jonathan are all excellent for pies. By the way, next week is National Apple Week. I'm collecting some apple recipes for you -- an apple recipe a day, and all of them vouched for by the Bureau of Home Economics.

Next Question: "Are the leaf stalks or leaves around a head of cauliflower good for cooking"?

Carefully trimmed, and cut into short pieces, the leaf stalks make a very palatable dish. As to the leaves, if there aren't enough to cook and serve separately, the leaves and stalks, boiled until tender, and seasoned, can be served as a garnish along with the head of the cauliflower. An English custom is to cook a small cauliflower without trimming off the leaves and stalks, if they are in good condition.

Now the menu: Mock duck, Five-minute cabbage, Candied sweet potatoes, and Stuffed tomato salad.

Mock duck, as you may have guessed, is not duck at all, but a flank steak, masquerading as a duck. The steak will be stuffed and rolled, braised in a covered roasting pan, and served with gravy. When it comes to the table, it looks like a duck -- a neat browned roll, dressed with sprigs of parsley. Flank steak is one of the least expensive cuts of meat. It has no bone, and as there is little fat or waste on it, two pounds will be enough for the average family. Be sure the butcher does not score the meat -- that is, cut the surface, cutting the surface merely lets most of the delicious meat juices escape into the pan. The result is a dry and tasteless dish.

If you have your pencils and paper handy, I'll tell you exactly how to prepare Mock duck. (Read slowly). Select a flank steak weighing two to three pounds. Make a stuffing of the following ingredients:

1-1/2 cups stale bread crumbs
1 teaspoon salt
1/2 teaspoon pepper
1 onion, minced
1/2 cup chopped celery
2 tablespoons butter or 1/4 cup finely chopped salt pork

Brown the celery and the onion lightly in the fat. Then mix the ingredients lightly, combining them with a fork. Spread the stuffing over the steak. Roll the steak crosswise, not lengthwise, and tie it in two or three places with clean string. Roll the outside of the Mock duck in flour, then sear the surface in a small amount of fat in a baking pan. Add more flour if necessary,

so there'll be enogh for brown gravy. When the meat is thoroughly seared on all sides, add a cup of water, cover closely, and cook until tender. This takes about 1-1/2 hours. Add more water if necessary when making your gravy. When the meat is done, mix two tablespoons of fat with an equal amount of flour, add the liquor from the pan, and enough water to make as much gravy as you need. If the steak had fat on it, there may be enough fat and also flour in the pan to make the gravy without adding any other.

Once more let me caution you about rolling the steak, so when it's carved you cut crosswise, through the grain. It's the same principle as carving a ham across, not with, the tougher fibers.

The Five-Minute Cabbage was described yesterday.

Next on the list -- candied sweet potatoes. I told the Recipe Specialist how I prepare Candied Sweet Potatoes, but my way wasn't good enough.

"Look here, Aunt Sammy," said she. "Candied sweet potatoes are good cooked most any way. But they're an ornament to the table, and a temptation to the palate, when they're cooked this way."

And this is her method:

Select six medium-sized sweet potatoes, uniform in size if possible. Partially cook the unpeeled sweet potatoes in boiling water. Cool and skin. Cut the potatoes in halves lengthwise, or in three pieces, if thepotatoes are large enough. Put in a greased baking dish large enough for just one layer, not packing too closely. Make a sirup by boiling one cupful of corn sirup, 1/4 teaspoon salt, 2 tablespoons or more of butter, and 1/2 cup brown sugar. The sirup should be fairly thick. Pour the sirup over the potatoes, and place them in the oven to brown. Turn them very carefully. The potatoes may be served in the baking dish -- if its THAT kind of a dish.

We don't need a dessert today, but we do want a good crisp salad. What better than tomatoes, stuffed with a little green pepper, and tender pieces of celery left over from the Mock Duck. Serve on crisp lettuce leaves. Use your favorite salad dressing. A colorful combination, even if it's not original. Red and green -- reminds me that the number of shopping days until Christmas grows smaller day by day.

To repeat the menu: Mock Duck, Five-Minute Cabbage, Candied Sweet Potatoes, and Stuffed Tomato Salad. Add a little tart jelly to this menu, and it's complete. If you can't get fresh tomatoes for the salad, there are grapefruit on the market.

Tomorrow -- special recipes for Hallowe'en. They will also be included in the Radio Cookbooks. I wish you'd let me know whether you've tried the recipes, and what you think of them. Perhaps you can suggest other recipes you'd like to have added to the cookbooks. And if you haven't already done so write for Aunt Sammy's Radio Cookbook. It's free for the asking.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM HOUSEKEEPERS' CHAT RELEASE Oct. 29.

Reserve

We're making great preparations for Hallowe'en at our house. Billy and Sally Jean have appointed me chairman of the Refreshments Committee. Since I'm the only cook about the place, it follows quite logically that I'm the whole committee.

The children will get the decorations tomorrow--pumpkins and cornstalks, and bright autumn leaves. We're going to bob for apples too. Fred has promised to make the jack-o'lanterns. I'm to tell fortunes. Looks as if we'd have a jolly time, this night when witches mount their broomsticks, get their black cats, and make their ghostly way among the clouds. Good luck to them--it's nice to be up among the clouds, at least once a year.

But to come back to earth, I believe I was talking about recipes. (I usually am.) Hallowe'en recipes this time, easy to make at home from household materials. The first recipe is for Popcorn balls, the second for sugared popcorn, and the third for Nut Brittle. You may want to copy them down, and use them during the holiday season, Thanksgiving or Christmas. They have been tested by an excellent cook.

For the Popcorn Balls, you will need the following ingredients: (Read slowly)

2 quarts freshly popped corn
2 cups nut kernels
1 1/2 cups sugar
1 cup water
1 tablespoon vinegar
1/2 teaspoon salt
1 teaspoon vanilla

Boil the sugar, water, vinegar, and salt, until the sirup hardens when dipped into cold water. Add the vanilla, pour while hot over the pop corn and nuts, and mix well. When cool enough to handle, grease the hands and form into balls, or place pop corn in a deep layer, in a greased pan, and cut in oblong pieces. When cold, wrap in waxed paper. If desired, chocolate may be added to the sirup for variety.

I have a recipe for Sugared Popcorn, which is also a good treat, and easily made. For the Sugared Popcorn, you will need:

1 1/2 cups sugar
1 cup water
1 teaspoon salt
2 quarts freshly popped corn

Cook the sugar, water, and salt until the sirup forms a soft ball when dropped into cold water. Remove from the fire. Beat with a spoon until it looks creamy. Drop in the pop corn and stir quickly until each kernel is coated with sugar. Put on a platter and separate the grains of corn.

For the nut brittle, you may use walnuts, pecans, peanuts, Brazil nuts cut in pieces, shredded coconut, or practically any other kind of nut. Puffed breakfast foods may also be used, in place of nuts. If you buy nut kernels, shelled, be sure to look them over carefully for small pieces of shell. Wash the nut kernels, and dry before using. For the nut brittle, you will need: (Read slowly)

2 cups white corn sirup
2 tablespoons vinegar
1/2 teaspoon salt
2 teaspoons vanilla
2 cups nut kernels

Cook the sirup, vinegar, and salt in a saucepan until a little dipped in cold water forms a soft ball. Put the nuts into this sirup, pour into an iron skillet and cook, stirring constantly, until the sirup becomes golden brown. Remove from the fire and add the vanilla. Have ready a shallow buttered pan, pour in the candy, and spread it out in a thin sheet. After it is cool, remove from the pan, and crack into pieces.

I have some other candy recipes, tested by the Bureau of Home Economics, which I'll broadcast during the holiday season.

The first question today is one that is asked time and again: "Is it necessary to remove food from a can as soon as it is opened?"

The answer is No. It's quite safe to allow food to remain in the can, for a reasonable period. Transferring it to another receptacle only means another dish to wash.

Question No. 2: "How long should rice be boiled?"

Rice can be cooked in an open kettle in from 20 to 30 minutes. If it's soaked for an hour beforehand, in tepid water, it will cook in 15 or 20 minutes. The grains are very large and distinct, if soaked and then cooked in a large quantity of water. Many people make the mistake of cooking rice too long. Then the grains break, and form a pasty mass. Rice is done, when a grain pressed between the thumb and forefinger is soft, and has no hard portion in the center. It should then be drained at once and allowed to steam or dry off in the oven.

Next: "Can you tell me how to clean a white fur?"

The fur may be washed in gasoline. However, the Bureau of Home Economics doesn't favor the use of large quantities of gasoline in the home, because of the danger from fire. Many cleaners moisten the fur with gasoline, then place the fur in a box containing such absorbent materials as plaster paris, magnesium carbonate, white talcum powder, marble dust, corn meal, or bran. The fur is worked in this white powder and left for two or three hours, being worked occasionally. It is then removed, the powder shaken off, and the fur dried.

I'm sending you a copy of the Stain Removal bulletin, which I've found quite helpful.

Lots of questions today. We go from white furs to pressure cookers.

"What foods can be cooked to advantage in the pressure cooker?" asks a farmer's wife.

Cereals, dried beans, tough cuts of meat, and old fowls can be prepared in the pressure cooker in much less time than directly over a fire.

And from pressure cookers to spinach. As much variety as there is in a ten-cent store.

This question is from a housewife who says she wants her children to eat spinach, but they don't like it. I do not know this listener personally, but I have an idea that she has been cooking the spinach until it loses its fresh green color, pleasing texture, and good flavor. Children can't be blamed for not liking spinach cooked till it's dark, strong, and pulpy. Long cooking decreases the vitamin content and makes spinach much less palatable. But there is a good way to cook spinach. Wash it thoroughly, and cook it for 10 or 15 minutes, in just the water that clings to the leaves after it's washed. Then, when the spinach begins to get tender, chop it very fine and season it with plenty of butter, or, better still, with cream. A hotel in a nearby city is becoming famous for its "Special Spinach," cooked quickly, and reheated in just enough thick cream to moisten it and give a rich flavor. I believe I'd better add this "Special Spinach" recipe to the Radio Cookbooks.

A listener from Wisconsin wants to know if there are any successful household methods of setting the color in dyed fabrics. I'm sorry to say, there are not. I can remember the time when I tried to set the color in dyed fabrics by using salt, alum, pepper, vinegar, and various other household solutions, I suspected then, and I know now, that my work was wasted. True, the color won't run from a dyed fabric as long as it remains in a saturated solution of salt or alum, but this has no lasting effect on the dye. The fabric is just as likely to fade when washed later in the ordinary way.

Two more questions, both about fish. (That's right, this is Friday).

"Has fish any value as a brain food, and is it harmful to eat fish and milk together?"

No, to both questions. I don't know who started the tale that fish is particularly valuable as a brain food, but it must have been the twin brother of the man who won't go a-traveling without the left hind foot of a rabbit, caught in the dark of the moon. Perhaps the "fish as brain food" superstition has its origin in the fact that fish was supposed to contain large proportions of phosphorus. However, scientists haven't yet discovered that the phosphorus in a fish is any better for the brain that the nitrogen, potassium, or any other element which occurs in its tissues. Those who think they need phosphorus for their brains needn't limit themselves to fish. They can get phosphorus in meat, cheese, peanuts, oatmeal, chocolate, graham flour, and many other foods.

The notion that it's harmful to eat fish and milk together must have been invented by the man who is afraid of the number thirteen, whether it's in dollars or cents, or the telephone booth from which he is talking.

The Bureau of Home Economics says that if fish is fresh, or properly preserved, there's no reason why it shouldn't be eaten with milk. Most people do eat them together, in the form of chowders or milk gravies. Creamed fish on toast, or served with potatoes, is a favorite dish, and is often given to children.

Superstitions die hard, don't they? And here I am, getting ready to celebrate Hallowe'en, known in other days as "Witches' Night". Shouldn't be surprised if some of my ancestors -- and yours too -- really looked for the spirits which were supposed to glide about on ghost feet, this one night of the year.

Hope you try the Hallowe'en recipes. If there are any others you'd like to have, please ask for them. And don't forget to write for your copy of the Radio Cookbook. The cover is as handsome as the recipes are good.